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What is Live Energized & Who is Ross?

energy = health = happiness

This is my belief. Energy is health is happiness. I believe that when you live with energy, when you have that energy within you unlocked every area of your life improves.

You have the energy to wake up early and have a healthy breakfast with your kids...

Your relationships improve, your mood improves...

You perform better, more calmly and with more clarity in your work...

Your finances improve...

You have time to cook well, eat well, exercise well and live well...

You have time...

I believe that when people live in a way that unlocks the energy (that we all have within us) life moves to a whole new level.

And it is my passion to help as many people as possible to live energized.

That energizes me!

I have been coaching, teaching, researching and helping people to get alkaline and live an abundantly healthy life to get that energy for over a decade and I hope you love the way I teach.

I believe life is about energy, but I also believe life is about joy, fun, enjoyment and pleasures.



And as you read through the foods in this food chart I hope you come with me on this journey knowing that you don't have to suddenly give everything up...

You don't have to try to eat perfectly from day one...

You don't have to give up all of your favourite foods and YES you can still have a fun and pleasureable relationship with food (and drink).

Getting abundant health and abundant energy is all about balance, taking things a step at a time and making the right choices with your diet and lifestyle more often than not.

It doesn't mean never having a cheat meal, or a cheat day.

It means being real, human, social, fun AND at the same time loving your body so wanting to do the right thing when it matters.

I also believe that every one of us, on our journey to abundant health should first focus on getting the good stuff in, before we start worrying about cutting the bad stuff out.

Just this one little shift will make a huge difference for you. It removes the stress and anxiety, and it stops you from judging yourself harshly.

Focus on getting the good in, and for the most part, the bad will look after itself.

I just love that.

So in under a few hundred works, this is what I believe in and my philosophy to health.

Approach this guide with that in mind. Don't fall into the trap of looking at the acid foods and the alkaline foods and thinking "aarrggghhh what am I going to eat!?"

Look just at the alkaline foods and think - "How can I incorporate some more of these foods into my favourite meals and daily life...?"

If you approach it this way the anxiety will disappear and it will seem a lot more managable.

I have also included 12 delicious alkaline meals for you in the back of the book - if you ate one of these once a day you'll notice the difference right away...

That's not that hard right?

And if you do slip up?

Dont' worry about it. Don't stress.

Just look at it, think through why you slipped up, what caused it, how you were feeling. Recognise what happened...

And then just move on.

Life's too short.

So I truly hope you love this guide, and I hope this guide helps you to unlock YOUR energy, the energy that's inside you right now just waiting to come out.

Enjoy and let's get energized!



My approach to health is the opposite of how most people think about it...

I focus on simply letting your body do it's job. Your role is to align with it, become it's partner and play a supporting role. You are on the same team and your job is simply to give it the tools it needs to thrive.

This is how I coach people and this directs my approach to the alkaline diet, nutrition, eating, cooking and living.

Most people, when they start to 'diet' or 'go healthy' seem to be at war with their body - trying to beat it, trick it, and force it to stop craving certain foods, they try to starve it into losing weight. And yet the reality is that this is completely the opposite of what we should be doing. Fighting your body creates stress, and stress causes the body to shut down and work incredibly inefficiently.

As you're about to learn, the alkaline diet is all about supporting the body's delicate balance, working with the body to maintain the perfect homeostasis in which you thrive and your health soars.

Love your body, work with it, be on the same team and give it the tools it needs to thrive.



What is the Alkaline Diet

My (Ross') alkaline approach to health (alkaline lifestyle is more accurate than 'alkaline diet' - it's not just a diet) is based around eating, drinking and living in a way that gives the body all of the tools it needs to thrive, maintaining it's delicate balances, systems and processes.

Our single job is to feed, nourish, eat, drink and live in a way that GIVES to the body, instead of taking away. We want to fuel the body, not clog it up.

And a huge, HUGE part of this is nourishing the body to support it's need to maintain it's critical pH balance.

We most often refer to this as the slightly alkaline pH of 7.365 of your blood (plus other extracellular fluids and several organs) as this is what the body HAS to regulate and maintain at all costs.

And as 7.365 is slightly alkaline, we call it the 'alkaline diet'. If the pH of the blood veered too far in either direction of 7.365 we would literally shut down and die.

Your body will do whatever it takes to maintain that pH. Literally, whatever it takes. It will not let your pH veer from that tight range around 7.365, no matter what the long-term cost, your body will do whatever it takes to keep you alive in the moment, in the short term.

And the stress the body goes through to maintain this pH is catastrophic to your health.

The goal of the alkaline diet is NOT to 'get the body more alkaline' or 'increase your pH'.

This is a common misconception (if you googled to find critics of the alkaline diet, 99.9% of them would be criticising it based on the misunderstanding that we're trying to 'get more alkaline' - it's nothing of the sort).

The goal of the alkaline diet is to give your body the foods, liquids, exercise and lifestyle that will help the body to effortlessly maintain this pH.

The body is built around a number of intricate systems and processes that need to be balanced - your temperature, your gut bacteria, your endocrine system that manages all of your hormones...and your pH.

When these are effortlessly balanced you will thrive, your body will sing for you.

You will have health, vitality, energy, youthfulness, strength and confidence.

THIS is why we are trying to consume a higher proportion of alkaline-forming foods and drinks, exercise and hydrate - rather than eating acid-forming foods and drinks - so that the body can maintain these delicate balances in the body without effort.

I appreciate this is very high level at the moment, so let me get into a little more detail about what this means, and give you a few examples.

Alkaline Forming Foods - the foods we focus most of our attention on in my approach to the alkaline diet are foods like:

- Vegetables: leafy greens like spinach, kale, watercress, lettuce, silverbeet/chard, collards; broccoli, cauliflower, cucumber, celery, carrots, beetroot, garlic, sprouts, zucchini, sweet potato, peas, bell pepper etc.
- Fruits: mostly low sugar fruits like lemons, limes, avocado, tomatoes, grapefruit with a few serves a day of other fruits like berries, watermelon, pear and so on.
- Herbs & Spices: basil, coriander/cilantro, parsley, mint, turmeric, ginger, cinnamon, nutmeg
- **Fats & Oils:** coconut oil, flax oil, olive oil, avocado oil etc.
- Beans & Pulses: chickpeas, kidney beans, navy beans etc.
- Nuts & Seeds: chia, almonds, cashews, brazil nuts, pumpkin seeds and so on
- Gluten-Free Grains, Grasses: quinoa, oats, buckwheat, amaranth etc.
- Water, ionised water, herbal teas, coconut & other nut milks, coconut water

Acid Forming Foods

Sugar, gluten containing grains, fast foods, junk foods, pastries, breads, chocolates, sweets, colas & sodas, fruit juice, dairy, excessive animal proteins, trans fats, shortenings, alcohol, ice cream, colourings, flavourings, preservatives, yeast, chips, pizza, processed meats...

These acid forming foods are all the foods you probably already know you shouldn't eat too much of.

When we eat these foods (like sugar) and drink these drinks (like colas) the body goes into stress, because the incredible acidity of these foods causes issues the moment it hits the stomach, and the production of hydrochloric acid (and sodium bicarbonate) begins. Believe me, it is not good news to put strongly acid-forming foods into the gut (see below for more detail on why).

The body HAS to create an alkaline environment before the food leaves the stomach and passes to the duodenum or your whole system will be stuffed, and it is in the constant need to neutralise the excess acidity that problems occur.

Remember - the body has to maintain this pH of 7.365, so if you're constantly throwing down acid-forming foods you're constantly putting the body into a state of stress and emergency and calling it into action.

And this is where the problems start.

We have evolved with a very small capability to buffer acids.

The body creates a small amount of acidity each day through it's daily cycles - regulating temperature, metabolism, removing wastes etc. and this is the acid-buffering capacity we have.

We did not evolve expecting the invention of Big Macs and Coca Cola. However, we are built strong and rugged and these foods won't kill us in the short term - we have the emergency mechanisms to buffer this acidity in the here and now - but the payoff in the long run is HUGE.

Once the regular, natural acid buffering systems are exhausted (which include processes by the lungs, kidneys, stomach and duodenum - known as the bicarbonate buffer system) we then start to kick into

red alert, drawing calcium and other alkaline minerals from the bones and our vital organs, producing excessive cortisol, producing visceral fat cells to bind up acidic toxins, storing excess acids away in the extremities (gout anyone?) and so much more.

This creates hormone imbalance (it's shocking for the endocrine system), massive inflammation, huge formation of fat cells (and thus insulin release), build up of uric acid, weaker bones, digestive disorders, kidney disease, liver disease, immune disorders and more.

And the kicker is, that each of these symptoms of over-acidity, over time, become CAUSES of over acidity. Take your hormones as an example: when there is excess acidity (known in the research literature as long-term, diet-induced acidosis) it has been proven that this triggers the body to release an oversupply of cortisol (if you have adrenal fatigue this is almost certainly the reason, by the way). Chronically elevated cortisol is a direct result of diet-induced acidosis. And chronically-elevated cortisol (which again, would stress the adrenals immediately) has been directly linked to a huge increase in the risk of breast, bladder, pancreatic, lymphatic and other cancers. This is just one example. Adrenal fatigue is also then strongly correlated with heart disease, immune system disorders, digestive issues and more.

And indeed, chronically elevated cortisol has been proven to cause higher acidic stress in the body - so it becomes this vicious cycle.

And the formation of visceral fat cells sparks an inflammatory response, and high inflammatory markers (cytokines) have been proven to cause higher acidic stress in the body.

It goes on and on.

Another easy to understand example is that of osteoporosis. People often fixate on just getting calcium and vitamin D into their body (and if they're really good, vitamin K too) to help prevent osteoporosis and

bone weakening. However, getting the right minerals and nutrients IN is only about 30% of the task. The other 70% is making sure your body doesn't need to use up the calcium and other minerals in the bone to help buffer this acidity. The body is constantly going through a process known as 'bone remodelling' whereby it is trying to rebuild lost bone density.

Study after study after study has proven that when individuals eat a net-acid diet, the body loses calcium from the bone and this is excreted through the urine.

When you eat an acid-forming diet, your body has to draw calcium from wherever it can to buffer the acids, and this results in weaker bones.

This is why research has proven that consuming dairy products actually leads to a statistically higher chance of osteoporosis and fractures: the dairy is a net-acid producing food, and the calcium is not only poorly absorbed (because of the d-galactose in dairy) but also because the amount of calcium going IN is actually far less than the amount of calcium coming OUT to buffer the acidity. There is a net-calcium loss with every glass of milk consumed.

It is not a coincidence to note that all of the alkaline-forming foods are also anti-inflammatory, vitamin and mineral-dense, antioxidant-rich, nutritious and natural. And all of the acid forming foods are clogging, toxic, sugary, gluten-containing, nutrient-poor foods that will slow you down. It is intuitive and makes total sense.

We've gone a little deep in the biology and science of my approach to the alkaline diet here, but it is important you understand that the goal isn't to 'change your pH' or mess with evolution! The goal is simply to give your body the foods that will help it to effortlessly maintain it's pH and thrive.

If you simply focus 70-80% of your diet on these alkaline-forming foods and minimise the consumption of the acid-forming foods your body will effortlessly be able to maintain it's pH, will be able to remove and prevent inflammation, will maintain it's delicate gut bacteria balance, will have well balanced hormones and an efficient endocrine system, your liver and kidneys will be rejuvenated with such little toxins to filter and you, as a result of this, will be energized, healthy and thriving.

Case Study: Bronwyn Roberts, Australia Alkaline Base Camp Member # 622

Ross, I am no longer exhausted.

When I turned 60 I decided I had to do something to improve my health.



I had wicked sciatic nerve pain and chronic acne plus was more than 20kg over weight.

My husband died of cancer four years ago and after watching that kind of suffering realised if I didn't do something about my health I was in danger of getting some kind of lifestyle induced disease.

So far I've lost 15 kg (33lbs). Acne I've been battling with for 40 years has completely cleared up. I had forgotten all about the sciatic pain until I just remembered it was part of the original problem. I no have no pain at all. IFeel great.

I feel better than I can remember feeling at any other time in my life.

I am no longer exhausted and I have not had a head cold since joining Alkaline Base Camp and going alkaline about 14 months ago!

There is no going back. This is my new lifestyle. I love it.

I would absolutely recommend it! Bronwyn

And It Goes Beyond Alkaline...

By focusing on eating and drinking alkaline we're not only providing our body with an abundance of alkalinity (and nutrients - all of the alkaline foods as I am sure you've noticed are nutrient dense foods), but these foods are all also high in two other essential factors:

- 1) they're anti-oxidant rich
- 2) they're anti-inflammatory

I truly believe that almost all health conditions are significantly brought on by a combination of **acidity, inflammation and oxidative stress**. Therefore eating a diet that is **alkaline, antioxidant rich and anti-inflammatory** is going to bring huge health benefits.

And this is just another reason why I LOVE the alkaline diet - because it's not just alkaline - it's antioxidant rich and anti-inflammatory too!

It's my Triple A approach (alkaline, anti-inflammatory and antioxidant-rich).

Inflammation has been shown to be a precursor or key influencing factor in so many conditions from arthritis to osteoporosis to cancers to hypertension...and oxidative stress (cells dying and mutating, free radical formation) has been shown to be the key influencer on aging and the degeneration of our body...and chronic acidity has been shown to be the underlying factor to both inflammation and oxidative stress!

(As an aside, research has shown chronic acidosis to be a leading

cause of elevated cortisol levels, and elevated cortisol levels have been incriminated as a precursor to hundreds of conditions too).

You can see how it's all linked.

Acidity is linked to your inflammatory response. Heightened inflammatory response stuffs up your immune system and digestive system. This stuffs up your nutrient absorption, leads to hormonal imbalance, weight gain, insulin sensitivity.

Acidity leads to oxidative stress which ages and breaks down your cells, leads to cell mutation and dozens of degenerative conditions. Acidity leads to an environment in the gut that is a haven for candida which is a clear marker for many cancers....

These are all intertwined and the list is endless. And it all starts with chronic acidity.

Many folks will say, oh I have osteoarthritis because I have inflammation. Well, the inflammation is from excess acidity. Or they have type 2 diabetes because of insulin resistance. Well, the insulin resistance is a result of excess acidity. Or they have a chronic fatigue because of a kidney condition. Well, acidosis is known as the #1 cause of kidney disease.

To get to real, true health you have to get to the root core. And the root core is acidity, inflammation and oxidative stress. And all three of these are addressed with an alkaline-forming diet.

I hope you now have a clearer understanding of WHAT the alkaline diet is, what makes it different, WHY it works and what it is NOT.

This will really help now in the next section...



Five Things I WISH People & the Media Knew About the Alkaline Diet

It seems like every week I see another review or mention of the alkaline diet in the media, and 9.9 times out of 10 they get it wrong...

Even natural health magazines and newspaper-nutritionists get it wrong. And frankly it's lazy. Lazy research, lazy journalism and misinformation that people with a platform feel is acceptable to feed to the public.

There is such an attempt to discredit the alkaline diet, yet millions of people have regained their health and conquered health challenges with it.

And what's the problem? (Well, it's almost entirely about point #5 below, but we'll get onto that)...

The alkaline diet is all about eating and living clean, with real whole foods, natural foods and a focus on cutting out the crap that is directly responsible for millions of deaths each year. Why is this not acceptable to some?

So I finally felt it was time to put a few things straight.

1: It's Not About Changing Your pH

Did you hear that?

It's NOT ABOUT CHANGING YOUR PH! Just as I mentioned in the first section of this guide - it's NOT about changing your pH. I just can't stress this enough!

99 out of 100 articles from doctors, mainstream 'health experts' and the media say the alkaline diet is not valid because you can't change the body's pH. They say that the body has an intricate system in place to always maintain your pH level – no matter what you eat.

This is 100% true.

This is not the aim of the alkaline diet. You are not trying to make your pH more alkaline.

The entire focus of the alkaline diet is to give your body the nourishment and tools it needs to MAINTAIN that pH.

Whenever I read an article about the alkaline diet online or in the print media and they start with that premise, you know you might as well ignore the rest of the piece.

If folks like me who believe in living alkaline DID think we were trying to make our body pH 8 or 9 then we would be nuts. And we'd be dead.

Incredible stress occurs in the body when our body has to constantly take the action needed to maintain our pH.

This is the basis of chronic disease and the myriad health challenges most people face. It causes inflammation, immune imbalance, yeast and candida overgrowth, digestive damage, weakened bones, premature aging, cell death and so much more.

The sooner the media understood that the alkaline diet is about eating the foods that will support your body, and eliminating the foods that stress the body (it's as simple as that), the better. p.s. it's not about changing your pH. It's not about changing your pH. It's not about changing your pH.

Takeaway Point: you can't change your pH. The goal of the alkaline diet is to feed your body the nutrients and nourishment it needs to MAINTAIN your pH.

2. It's Not Really a 'Diet' It's a Lifestyle

The media so often bundles the alkaline diet up in it's weight loss guides, or reviews of 'top ten diets this summer'.

This is not what the alkaline diet is. In fact I wish it wasn't called the alkaline 'diet'.

My Live Energized approach to the alkaline diet is: it's lifestyle that nourishes your body with every tool it needs for you to thrive and live your best, most energized life.

If you want a quick fix, that's fine – totally. But the alkaline approach is all about a lifestyle. It's about abundant long-term health and vitality.

Especially the way I teach it.

I believe that health = energy = happiness. It's as simple as that. Living alkaline is not about losing weight and looking good. It's about feeling energized, full of vitality, strong and vibrant — and losing weight and looking good will be a nice by-product of that.

I believe that when you have energy, every area of your life can grow and improve.

When you have energy you wake up earlier, you have time to have a delicious, healthy breakfast with your family, you perform better in your career, you think clearly, your mood is enhanced.

You have time to enjoy your interests and hobbies, waking up earlier and staying up later without crashing in front of the TV.

Your relationships, career, finances, health and happiness all improve when you have that abundant, all-day, natural energy.

This is what the alkaline diet LIFESTYLE is all about.

And this is what Live Energized is all about.

And what I am all about.

And I LOVE it!

And remember, it's not about giving everything up and living a perfect life of salads and juices.

You never have to be perfect, you never have to give up all of your favourite foods.

You can still go out with friends, you can still eat at restaurants and have a blow out, you can still enjoy treats and cheat days. You can still have a life!

It's about living consciously, living 80/20, making the right choice when it makes sense and having a treat when that makes sense. It's about getting the good in as a priority and letting the bad stuff take

care of itself.

It's about loving your body and loving the way you feel and letting that guide your food decisions.

Takeaway Point: it's about making healthy changes, sustainably, so that you can get energized, healthy and happy and keep it that way – without giving up everything you love.

3. Fruit Juices are NOT Alkaline

This one bugs me.

The headline reads:

"Get Alkaline Now With Our Quick-Fix Juices..."

Sounds good to me, where do I start?

"Green" Juice for Summer?

Yum, sounds delicious! What's in it?

Per person you get the juice of one apple, 165g of pineapple alongside the green stuff (broccoli stalk, kale and spinach).

Don't get me wrong, the broccoli, kale and spinach is great.

Awesome in fact.

But you're drinking it with FOURTY-THREE GRAMS OF SUGAR.

A can of coke contains 39 grams.

Now, I am not saying that the fructose in the juiced fruit is like-forlike comparable to the high-fructose-corn-syrup in the cola, but it is not far off.

Research has proven that fructose without fibre (ie. Juiced fruits) causes absolute havoc in the body.

The world is wising up to the fact that we should not be consuming juiced fruit (yes, even when we juice it ourselves) – but of course, there are a lot of people who have built their business on saying fruits in juices is healthy.

Fruit contains sugar. That's a fact.

Fructose, glucose, sucrose, galactose...they all have the same result in the body: inflammation, acidity, insulin resistance and more.

Whether they are 'natural' or not doesn't matter.

Fruits, generally, are not alkaline forming, so we shouldn't be juicing them to remove the fibre.

We should eat them in moderation, in-season and whole – with the fibre intact.

Takeaway point: stop juicing fruit – it's not alkaline and it's not healthy.

4. It IS Scientifically Proven

I love it when the media and mainstream nutritionists claim that the alkaline diet is unproven and there is no research to back it. Again – lazy.

If they had looked even for a second, they would see hundreds and hundreds of research papers proving the alkaline diet is valid and beneficial for health.

I have detailed a handful of this research in the next section of this guide, but at the very least – do you even need proof to:

- eat more: vegetables, greens, salads, nuts, seeds, healthy oils
- eat less: refined foods, junk foods, sugar, fast foods, takeaways
- drink more: water
- drink less: alcohol, soda
- exercise well, stay stress free

Do you need research to tell you that's a good idea? Probably not, but the evidence is there too.

Takeaway Point: the alkaline diet has been researched and proven over and over.

5. And What It All Comes Down To...No Big Pharma or Big Food Companies Can Make Money From It

There is no financial gain to popularise the alkaline diet in the media. There is abundant evidence of food being able to heal just as well as many conventional medical treatments (see the research on turmeric for starters).

You can't bottle the alkaline diet and patent it.

The pharmaceutical industry can't patent kale.

And remember there is hundreds of billions of dollars of commerce at stake if people stand up and stop consuming cheap meat, grains, dairy, sugary drinks, fast foods the way we have for the past hundred years.

There is no huge corporate-level revenue available here.

The very essence of the alkaline approach puts whole food, natural, locally grown where possible, organic where possible, real-as-close-to-the-earth eating and living at the fore.

Takeaway Point: There is no big-buck, big-food profit centre here, so don't expect to see the mainstream ever truly adopt a natural approach to health!

It's up to us to exercise our choice, live consciously, eat consciously, be aware of our body, how we feel and to ignore the marketing, the half-truths (margarine is heart-healthy? McDonalds gets the Heart Foundation tick? Fats are bad for you?), and the alterior motives of the media, government and pharmaceutical industry and take the power over our health into our own hands.

We've never had greater access to information, knowledge and choice.

Let's live healthy, live energized and thrive!





This is the definitive list of alkaline foods

In this section we get to the core of it all: the foods that are alkaline and the foods that are acid. In the first section I explain in more detail why alkaline food charts are often different and conflicting, and who you should trust (and why).

Then you'll find my printable, stick-on-your-fridge-able 'At a Glance' alkaline food chart.

This is a great quick reference chart.

Then on the pages that follow you will see the complete breakdown of practically every common food ranked from very alkaline - thru neutral - thru to very acidic.

This is your ultimate alkaline diet companion.

If there are any foods I've missed, feel free to let me or the team know!

Is it alkaline? Who do you trust?

When you're first starting the alkaline diet, one of the most frustrating things is seeing such inconsistencies between the food charts that are out there on the internet. I want to clear this up for you, once and for all, right now!

In general there are two methodologies out there for determining the alkalinity or acidity of a foods and this is what the alkaline food charts (like mine here) are based upon.

There is one KEY difference between these methods and to me it determines whether it is correct or not, and also explains the inconsistencies between lists.

Method One: PRAL

The Potential Renal Acid Load (PRAL) method is very accurate for many uses, but not the alkaline diet. This is the method used by 90% of alkaline food charts out there, but it is sadly misleading and can lead to errors being made by beginners (see my Biggest Alkaline Diet Mistakes post here).

The PRAL method measures the alkalinity or acidity of a food by burning it down to an ash residue and then measuring the pH of that ash.

This is all well and good....BUT....the burning burns away two of the biggest determinants of whether a food is alkalineforming or acid-forming: yeast and (most importantly) sugar.

Ahh – did you see the distinction there?

The KEY here is not whether a food is acid or alkaline. The key is whether the food is acid-forming or alkaline-forming to the body once consumed.

Understanding this key distinction will unlock everything I am about to teach you.

It also explains why lots of charts show fruit as alkaline forming (the PRAL method burns off all the sugar, the principle reason why fruit is acid forming) and other inconsistencies.

Method Two: The Effect on the Body

Principally, this approach (which my alkaline food chart is based on) comes from the founding work of the major researcher of the alkaline diet Robert Young. He has amassed a list of foods as acid-forming or alkaline-forming based upon the results

from his blood work (and samples of over 40,000 live blood analysis tests).

This approach is then supplemented by common sense and the rules I'm about to teach you.

Is it Alkaline? The Easy Foolproof Test!

How would you love to be able to tell if a food is acid or alkaline forming just by looking at it.

In the supermarket, grocery store, restaurants or when you're digging around in the fridge or pantry...

—-> In this short, but exciting guide I am going to show you how you can accurately decide if a food is alkalineforming or acid-forming, with a quick test and a few simple questions.

How To Instantly Tell if a Food is Acid or Alkaline:

This is really simple, but darn effective.

There are two types of foods, broadly speaking:

- 1. Fresh
- 2. Packaged

So you need to use your common sense and all the clues you have at your disposal to apply this test. But it's easier than it sounds.

Factors that Contribute To a Food Being Alkaline:

If a food has two or three of these boxes ticked, it's probably alkaline:

- Is it Fresh: fresh foods are always more alkaline forming – they have all nutrients still in tact and have not been made acidic through processing. This is especially true of foods containing oils, which become toxic with exposure to heat, light and air.
- What is the Mineral Content: alkaline foods are alkaline predominantly (almost entirely) because they contain a lot of alkaline minerals. The most alkaline minerals to look out for are calcium, magnesium, potassium, sodium bicarbonate, manganese, iron.
- Is It Low in Sugar: sugar is sugar and all sugar, no matter whether it's glucose, fructose, dextrose etc. is highly acid-forming to the body. Fruits contain high levels of fructose and so are acid forming and should be eaten in moderation.
- Is it a Vegetable: almost all vegetables are mildy-to-very alkaline forming.
- Does it Have a High Water Content: high water content foods are generally more alkaline forming.
- Is it Green: Green foods contain chlorophyll which is very alkaline forming.

Factors That Make a Food Acidic

And if a food has ANY of these boxes ticked, it's most likely acidic:

- Does it Contain Sugar: sugar is the biggest contributor to whether a food is acidic or alkaline. Avoid sugar as much as possible!
- Does it Contain Yeast: similar to sugar, yeast is next on the 'avoid' list – yeast based foods are always acidic.
- Is it Fermented: fermentation makes foods acidic. End of. Miso, tempeh, apple cider vinegar, kombucha etc. are all acid forming

- Does it Contain Dairy: dairy is next on the list! Avoid – acidic and mucous forming.
- Is it Refined: the more 'prepared' and 'refined' a food is, the more likely it is to be acid forming. Aim for fresh wherever possible.
- Does it Contain Gluten: gluten is one of the most inflammatory, acidifying substances known to man. Avoid glutencontaining foods as much as possible.

What This Means: Alkaline & Acid Made Easy

With this methodology, you should now be able to self-select whenever you're on the go without your copy of my alkaline food chart handy, at a restaurant, eating out with friends and so on!

This should make your life a lot easier!

Case Study: Ali Sharifi

Alkaline Base Camp Member # 42

I started on the alkaline journey with you because of a brain tumor diagnosis in 2015.

Since then the tumor has disappeared and I have lost around 50lbs (23kg) and cholesterol, triglycerides and glucose are all at healthy levels.



Your coaching has brought me more energy without the need for coffee and I absolutely recommend it. I feel better than I've ever felt.

Thanks again for the amazing lifestyle you've introduced me too. You may very well have saved my life!

The At-A-Glance Acid/Alkaline Food List

Alkaline Highly

pH 9.5 alkaline water

Himalayan salt

Basil

Beetroot Avocado

Capsicum/Pepper

Watercress **Beet Greens**

Kelp Spinach

Endive

Coriander

Broccol

Sprouts (soy, alfalfa etc)

Mustard Greens

Green Beans Ginger Garlic

Lettuce

Sea Vegetables

Green drinks

Red Onion Radish

Rocket/Arugula

/Sprouts

Moderately Alkaline

Grasses

Kale Cucumber

Parsley

Onion

Okra

(Kelp, Seaweed)

All Sprouted Beans

Chicory

Snowpeas

Lemon

Endive

Tomato

Soy Beans **Butter Beans** White Haricot Beans

Quinoa Chia/Salba

Mildly

Artichokes **Brussels Sprouts Asparagus**

Carrot Cauliflower

Courgette/Zucchini

Seitan

Collard/Spring Green:

Chives Celery Cabbage

New Baby Potatoes

Pumpkin

Squash (Butternut, Swede

Summer etc)

Watercress

Grapefruit Coconut (fresh, milk, Fennel

yoghurt) water, cream,

Pomegranate

Rhubarb

Goat & Almond Milk Lentils Buckwheat

Herbs & Spices (Thyme, Mint, etc.)

Coconut Oil Olive Oil Flax Oil/ Udo's Oil Avocado Oil

Alkaline

Chickpeas/Garbanzos Beans Kidney Beans & Other **Black Beans**

Nectarine Plum Cantaloupe Potatoes

Watermelon Sweet Cherry

Brown Rice Buckwheat Pasta Oats/Oatmeal

Rice/Soy/Hemp Protein

Freshwater Wild Fish

Rice & Soy Milk

Brazil Nuts Hazel Nuts Pecan Nuts

Grapeseed Oil Sunflower Oil

Mildly Acidic Neutral/ Moderately Acidic

CAN BE INCLUDED IN YOUR 20% ACID.

EAT LESS

Fresh, Natural Juice

Alcohol

Apple

Blackberry Guava Grapes Cranberry Blueberry Banana Apricot

Honey

Cocoa

Strawberry Papaya Peach Mangosteen Mango

Vegan Cheese Goat's Cheese

sparingly) --Grains inc: (use very Wholemeal Pasta Wholemeal Bread Wheat Millet Rye Bread

Ocean Fish

Highly Acidic

Fruit Juice (Sweetened Coffee & Black Tea

Vinegar Miso Jelly Other Condiments Soy Sauce Jam Yeast Rice Syrup Tempeh Mustard

Dried Fruit

Eggs Beef Pork Shellfish Farmed Fish Chicken

Dairy Cheese

Syrup **Artificial Sweeteners**

Mushroom

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Beverages (Non-Alcoholic)	Alkalising Food			Acidic Food		
(Non-Aiconolic)	High	Medium	Low	Low	Medium	High
Apple Cider Vinegar				✓		
Apple Juice						✓
Berry Juice Blend						✓
Carrot Juice (Fresh)			✓			
Chamomile Tea			\checkmark			
Coffee (Decaf)						✓
Coffee (Espresso)					✓	
Cola						✓
Ginger Tea			✓			
Ginseng Tea			✓			
Goat's Milk				\checkmark		
Grape Juice					✓	
Grapefruit Juice			\checkmark			
Lemon Juice			✓			
Milk Shake						\checkmark
Orange Juice					✓	
Pear Juice					✓	
Pineapple Juice						✓
Rice Milk (Unsweetened)				✓		
Root Beer						✓
Soft Drinks (Carbonated)						✓
Soy Milk (Unsweetened)				✓		

Beverages (Non-Alcoholic)	Alkalising Food			Acidic Food		
(NOTI-AICOHOIIC)	High	Medium	Low	Low	Medium	High
Tea (Black)					✓	
Tea (Green)				✓		
Tea (Herbal)		✓				
Tomato Juice (homemade)			✓			
Vegetable Juice	\checkmark					
Water (Most Bottled)					✓	
Water (Ionized)	\checkmark					
Water (Tap)					✓	
Ale (Dark)						✓
Ale (Pale)						✓
Beer (Dark)						\checkmark
Beer (Pale)						✓
Malt Liquor						✓
Scotch						✓
Vodka						✓
Wine (Red)					✓	
Wine (White)						✓
Spirits (Most)						✓

Grains & Cereals	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Barley (Whole)					✓	
Barley Flour					✓	
Bran (Cereal)					✓	
Bran (Oats)				✓		
Brown Rice			\checkmark			
Buckwheat Flour			✓			
Buckwheat Whole			\checkmark			
Corn (Processed)					✓	
Hemp Seed Flour			\checkmark			
Malt						✓
Millet				\checkmark		
Oat Bran			✓			
Oat Flour			\checkmark			
Whole Oats			✓			
Quinoa		\checkmark				
Rice (Brown)			✓			
Rice (White)				\checkmark		
Rice Flour				✓		
Rye					✓	
Soy Flour				✓		
Wheat Flour (White)						✓
Wheat Flour (Whole)						✓

Nuts & Seeds	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Almonds		✓				
Amaranth Seeds			✓			
Cardamom Seeds		✓				
Cashews			✓			
Celery Seeds			\checkmark			
Chestnuts			✓			
Coriander Seeds			\checkmark			
Cumin Seeds		✓				
Dill Seeds			\checkmark			
Fennel Seeds		✓				
Flaxseed		\checkmark				
Hazelnuts				✓		
Macadamia Nuts			\checkmark			
Peanuts						✓
Pecans				\checkmark		
Pine Nuts			✓			
Pistachio Nuts				\checkmark		
Pumpkin Seeds		✓				
Quinoa Seeds			✓			
Sesame Seeds			✓			
Soy Nut				✓		
Sunflower Seeds			✓			
Walnuts				✓		

Fish & Other Seafood	Alkalising Food			Acidic Food		
Sealoud	High	Medium	Low	Low	Medium	High
Bass				✓		
Clams						✓
Crab						✓
Flounder				✓		
Herring				\checkmark		
Lobster						✓
Mackerel				✓		
Mussels						✓
Oysters						\checkmark
Perch					✓	
Salmon			✓			
Scallops					✓	
Shrimp						✓
Snapper				✓		
Swordfish				\checkmark		
Tuna			✓			
Trout			✓			
Whiting				✓		

Fruits	А	lkalising Foo	d	Acidic Food		
	High	Medium	Low	Low	Medium	High
Apples					✓	
Apricots					✓	
Apricots (Dried)						✓
Avocado	\checkmark					
Bananas					✓	
Berries (Black)				✓		
Berries (Blue)				✓		
Berries (Raspberry)				✓		
Cherries (Sour)				✓		
Coconuts (Fresh)		✓				
Cranberries				✓		
Cranberries (Dried)						✓
Currants						✓
Dates					✓	
Dates (Dried)						✓
Figs (Dried)						✓
Grapefruit			✓			
Grapes					✓	
Guava				✓		
Kiwi Fruit				✓		
Lemons		✓				
Limes		✓				
Mandarins					✓	
Mangos					✓	

Fruits	А	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High	
Olives (Green)			✓				
Olives (Ripe)				✓			
Oranges					\checkmark		
Papayas				✓			
Peaches					✓		
Pears					✓		
Persimmons				\checkmark			
Pineapples						✓	
Plums				✓			
Pomegranates			✓				
Prunes						✓	
Raisins						✓	
Raspberries				✓			
Strawberries				✓			
Tangelos				✓			
Tangerines				✓			
Tomatoes		✓					
Watermelon			✓				

Vegetables	А	alkalising Foo	d		Acidic Food	
	High	Medium	Low	Low	Medium	High
Artichokes		✓				
Asparagus	✓					
Barley Grass	\checkmark					
Beans (Black / Kidney)			✓			
Beans (Lima)			✓			
Beans (Mungi)			✓			
Beans (Navy)			✓			
Beetroot		✓				
Beet Greens	✓					
Bell Pepper (Capsicum)	✓					
Broccoli	✓					
Brussels Sprouts		✓				
Burdock Root	✓					
Cabbage (Chinese)		✓				
Cabbage (Red)		✓				
Cabbage (White)		✓				
Cantaloupe				✓		
Carrots			✓			
Cauliflower		✓				
Celery	✓					
Chards (Swiss)	✓					
Chinese Cabbage	✓					
Chicory		✓				
Collard Greens	✓					
Corn (Fresh)			✓			

Vegetables	Α	alkalising Foo	d		Acidic Food	
	High	Medium	Low	Low	Medium	High
Cucumber	✓					
Daikon Radish	✓					
Dandelion Greens	✓					
Dill Weed		✓				
Eggplant		✓				
Endive	✓					
Garlic			✓			
Ginger	✓					
Hops						✓
Jerusalem Artichokes		✓				
Kale	✓					
Kelp	✓					
Kohlrabi	\checkmark					
Leek		✓				
Lentils			✓			
Lettuce	✓					
Leaf Lettuce	✓					
Lotus Root	✓					
Mushrooms						\checkmark
Mustard Greens	✓					
Okra		✓				
Onions			✓			
Other Grasses	✓					
Paprika			✓			
Parsley	✓					

Vegetables	А	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High	
Parsnips			✓				
Peas			\checkmark				
Pinto Beans			\checkmark				
Potatoes (with Skin)			✓				
Radishes			\checkmark				
Rhubarb				✓			
Romaine Lettuce	✓						
Rutabagas		✓					
Salad Greens	\checkmark						
Soybeans			✓				
Spinach	\checkmark						
Spring Onion		✓					
Squash (Winter)			\checkmark				
Sprouts	✓						
Sweet Potato			\checkmark				
Tomato		✓					
Turnip Greens	\checkmark						
Watercress	✓						
Wheatgrass	✓						
Yams				✓			
Zucchini		✓					

Herbs & Spices	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Basil		✓				
Bay Leaf			✓			
Cinnamon		\checkmark				
Coriander (Arugula)	✓					
Dill		\checkmark				
Ginger	✓					
Marjoram		\checkmark				
Oregano		✓				
Parsley	\checkmark					
Pepper (Black)		✓				
Pepper (Cayenne)			\checkmark			
Tarragon		✓				
Thyme		✓				
Turmeric	✓					

Sweeteners	А	lkalising Foo	d	Acidic Food		
	High	Medium	Low	Low	Medium	High
Aspartame						✓
Corn Syrup						✓
Honey (Processed)						\checkmark
Honey (Natural)					✓	
Maple Syrup						\checkmark
Molasses						✓
Rice Syrup				✓		
Saccharin					✓	
Stevia				✓		
Sugar (Brown)					✓	
Sugar (White)						✓

Various Foods	А	lkalising Foo	d		Acidic Food	
	High	Medium	Low	Low	Medium	High
Almond Butter		✓				
Apple Cider Vinegar				✓		
Avocado Oil			✓			
Balsamic Vinegar						✓
Bee Pollen			\checkmark			
Butter (Regular)					✓	
Butter (Grass Fed)				✓		
Canola Oil					✓	
Chocolate (Dark >80%)				✓		
Chocolate (Milk)						✓
Cacao (Raw)			\checkmark			
Chlorella			✓			
Coconut Oil		\checkmark				
Flaxseed Oil		✓				
Macadamia Oil				✓		
Malt						✓
Miso					✓	
Nori Seaweed	✓					
Olive Oil			✓			
Peanut Butter						✓
Peanut Oil						✓
Salt (Table)						✓
Salt (Sea)		✓				

Various Foods	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Salt (Himalayan)		✓				
Seaweed	✓					
Sesame Oil			✓			
Soybean Oil				✓		
Spirulina		\checkmark				
Sunflower Oil				✓		
Tahini Sauce			✓			
Tempeh (Fermented)				✓		
Tofu (Fermented)				\checkmark		
Vegetable Oils (Most)					✓	

Drinks	А	lkalising Foo	d		Acidic Food	
	High	Medium	Low	Low	Medium	High
Soy Milk (unsweetened)				✓		
Almond Milk (unsweetened)			✓			
Coconut Milk (unsweetened)			✓			
Coconut Water		✓				
Filtered Water			✓			
Alkaline, Ionized Water	✓					
Cola / Soft Drinks						\checkmark
Carbonated Drinks					✓	
Cow's Milk						\checkmark
Goat's Milk				✓		
Black Tea (w/ Milk)					\checkmark	
Black Tea (w/o Milk)					✓	
Insant Coffee						\checkmark
Espresso					✓	
Espresso (w/ Milk)						\checkmark
Tap Water					\checkmark	
Herbal Tea			✓			
Green Tea					\checkmark	
White Tea					✓	
Lemon Water			✓			
Lime Water			✓			
Green Juice (no fruit)	✓					
Green Smoothie (no fruit)	✓					

Drinks	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Fruit Juice (processed)						✓
Fruit Juice (fresh)					✓	
Green Juice (w/ fruit)				✓		
Green Smoothie (w/ fruit)				✓		
Beer						✓
Wine					✓	
Spirits (straight)					✓	
Spirits (w/ mixer)						✓

Meat & Meat Products	А	lkalising Foo	d	Acidic Food		
Products	High	Medium	Low	Low	Medium	High
Bacon						✓
Beef (Frankfurters)						✓
Beef (Hamburgers)						\checkmark
Chicken Liver					✓	
Chicken Meat					✓	
Duck					✓	
Goat					✓	
Ham						✓
Lamb					✓	
Lard					✓	
Liver					✓	
Rabbit					✓	
Roast Beef					✓	
Salami						✓
Sausages (Most)						\checkmark
Steak					✓	
Turkey					✓	
Veal						✓
Venison					\checkmark	

Processed Foods	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Baked Beans					✓	
Beans (Canned)			✓			
Burritos (Beef)						\checkmark
Burritos (Chicken)						\checkmark
Chicken Nuggets						\checkmark
Chicken Sandwich						✓
Chicken Soup						✓
Chips (Fried)						✓
Coleslaw (Homemade)				✓		
Corn Chips					✓	
Corn Syrup						✓
Corned Beef						✓
Couscous (White Flour)					✓	
Crackers (Rye)					✓	
Crackers (White Flour)						✓
Cranberry Sauce						✓
French Fries						✓
Fruit Pies						✓
Hash Browns						✓
Hot Dogs						✓
Hummus (Homemade)		✓				
Jam						✓
Ketchup						✓
Lasagna						✓
Liverwurst						✓
Macaroni						✓
Margarine						✓

Processed Foods	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Mayonnaise						✓
MSG						✓
Mustard (Prepared)				✓		
Noodles (Most)						✓
Pancakes						\checkmark
Pastrami						✓
Pepperoni						\checkmark
Pickle Relish						✓
Pizza (Most)						\checkmark
Popcorn (Salted)				✓		
Pork Sausage						\checkmark
Potato Chips (Baked)						\checkmark
Potato Chips (Fried)						\checkmark
Preserves (Most)						✓
Puddings						\checkmark
Salad Dressing (Shop Bought)					\checkmark	
Sauerkraut			\checkmark			
Soy Sauce					\checkmark	
Spaghetti						✓
Sweet Pickles					\checkmark	
Tacos						\checkmark
Tomato Paste (Natural)			✓			
Tomato Sauce					\checkmark	
Tortilla (Fried)						✓

Baked Products and Cakes	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Apple Pie						✓
Bagels						✓
Baked Potato				\checkmark		
Baking Soda	\checkmark					
Biscuits (Most)						✓
Bread Sticks (White)						✓
Brownies						✓
Carrot Cake						✓
Cheese Cake						✓
Cookies						✓
Croissants						✓
Danish Pastry						✓
Donuts						✓
Ice Cream (All Flavors)						✓
Pita (White Flour)						✓
Pita (Whole Flour)					✓	
Pretzels						✓
Puff Pastry						✓
Pumpernickel					✓	
Rye Bread (Whole)					✓	
Sprouted Breads		✓				
Tortillas						✓
White Bread						✓
Whole Wheat Bread					✓	

Dairy & Cheese	Alkalising Food			Acidic Food		
	High	Medium	Low	Low	Medium	High
Butter (Regular)					✓	
Butter (Grass-Fed)				✓		
Camembert Cheese						\checkmark
Cheddar Cheese						✓
Coconut Milk			\checkmark			
Coconut Cream			✓			
Coconut Yoghurt			✓			
Cottage Cheese					✓	
Cream						\checkmark
Cream (Sour)						✓
Cream Cheese						\checkmark
Egg (Whole)						✓
Egg (White Only)						\checkmark
Ghee				✓		
Gouda						\checkmark
Hard Cheese (Most)						✓
Milk (Cow's Skim)						\checkmark
Milk (Cow's Whole)						✓
Mozzarella						✓
Skim Milk						✓
Soft Cheese						✓
Soy Yoghurt				✓		



How to Get Started

There are two ways to get started on the alkaline diet: slowly and with a transition OR with a full alkaline cleanse to hit it hard.

Assuming the former - starting slowly and transitioning (which is relevant to all because even if you do a cleanse first, this is what you'll do after), the best way to explain how to do this is with my now-famous "Crowd Out the Bad" training.

Everyone I have taught this to has absolutely loved it, and the best part is – it's a system – so it works for everyone and, quite wonderfully, practically everyone who has used it has gotten even better results than I have!

To be honest, it might seem a little controversial at first, in fact, it made a few people angry in the industry when I first started talking about it because it seemed like I was 'cheating' the system – or at least cheating their slow, hard-work, willpower-based approaches (and let's face it, the traditional way of 'dieting' very rarely works – willpower alone isn't ever enough!).

But I didn't see it as cheating or controversial and I still don't — but that didn't mean I wasn't nervous when I first started to share it. I kept it pretty low key and under wraps for a while, using it on a few people I knew and trusted — but I needed have been nervous — they loved it and it worked like crazy.

I honestly wouldn't have believed how easy it made the alkaline diet for them if I hadn't seen it with my own eyes! Within a few weeks they were not only totally cruising towards their health goals, but they were LOVING the process – and were finding it SO easy!

If you are currently just getting started, or feel like you're an alkaline novice OR if you've been on the alkaline path for years — it works brilliantly. It makes life easier and it makes everything so much more fun and relaxed.

It takes the pressure off.

And quite simply: when you are trying to get alkaline, focus ONLY on getting the good food in.

Sounds simple? Good. It should...

And here it is:

The 'Crowd Out the Bad Method'

Rule #1 Don't Worry About Cutting Stuff Out

Seriously. Forget cutting anything out. Do what you want. If you still want to have a coffee have one. If you still want to have meat with your dinner have it. If you still want a dessert have it.

The very slight but powerful distinction here is that you're having a conversation with your subconscious mind and your conscious mind to make considered decisions.

You're not mindlessly having these foods, you're consciously allowing yourself the possibility of having them — you're not restricting yourself, going cold turkey with anything or telling your brain that stuff is banned. I know this sounds too good to be true right now, but it's not. This is the reality of what I'm teaching you

right now.

Of course, you COULD take this to the extreme and have ten Mars bars for breakfast, but I guess I am trusting that you're at least a little bit interested in health so you're probably going to be like most of the people who come to me – generally pretty healthy, even if just a little bit, but with a few (or many) vices, foods you love, treats and addictions (coffee, chocolate, sugar, yeast and to some degree alcohol, even if only habitually addicted). So I am presuming you're in this position.

But even if you're not. Even if you're in the deep-fried-mars-bar-with-deep-fried-ice-cream for breakfast crowd this will STILL work – it's just going to take a little longer.

So make a mental note – you don't have to stress or worry about cutting the bad stuff out. Just erase it from your thinking for now, relax, enjoy and approach your health free from pressure and anxiety.

Rule #2 Focus on Getting the Good Stuff In

So here is the other side of the bargain. You're allowed to completely forget about eliminating the bad stuff BUT you have to get the good stuff in, in abundance. You have to eat your greens, you have to have salads, you have to have juices and smoothies, you have to have healthy fats and veggies. This is the deal.

To make this more real for you here are a couple of examples:

 you could still have a steak BUT you have to have it with a gigantic salad, or some steamed veggies, dressed with omega 3 rich, healthy dressings.

- you could still have a pizza BUT you have to have loads of veggies on top and serve it with a huge big salad
- you could still have a dessert but your main course would need to have at least 5 serves of veggies with it
- you can still have a coffee but you have to have at least 500ml of alkaline water first and after
- you could have a sneaky treat for a snack, but only after you've had some raw veggies to snack on first or some nuts and seeds

This is keeping it very basic, and you'll soon see how you can weave this into your life.

The basic (but very effective) premise here is that:

...the good will crowd out the bad, bit by bit. If you commit to having at least 7 serves of green vegetables each day, 3 litres of alkaline water each day, a fresh vegetable juice at least 3 times per week (preferably daily) and so on and build on this every day and every week you'll soon find that you'll get more and more alkaline and eat more and more healthy at your own, natural pace that is right for you

You'll also feel more satisfied and more energised: unhealthy foods are nutrient poor and healthy foods are nutrient dense. Have you ever eaten a McDonalds or some other takeaway, felt stuffed at the time, but then find yourself hungry within 45 minutes?

These foods are chemically designed to create this EXACT reaction.

Even foods that aren't as processed as this – junk foods – are so nutrient poor that your body will tell you that you're hungry very quickly because it can work the bulk of the food through your digestive system quickly and when it receives no nutrients, it asks for more.

This is why people on an over-acid diet overeat. Their body is always starved of nutrients and always demands more and more and more of these nutrient poor but sugar, trans fat and yeast rich foods. And the compounding effect is, the more sugar and yeast we eat, the bigger the candida overgrowth in our digestive system gets and the bigger it gets the more yeast it craves. It's a vicious cycle. Healthy, alkaline foods on the other hand are nutrient DENSE.

When you eat them you feel satisfied for longer because they give your body the nutrients it is craving.

So when you focus on getting the good in, it literally will crowd out the bad. For example. Most people would think a salad is not filling. But if you ate a bowl of spinach, arugula, lettuce, tomato, avocado and a little brown rice – I bet 30 minutes later you would not be able to fit in a McDonalds – or at least you'd not feel the need.

Getting full, satisfied, satiated all day, every day is really easy when you eat good foods. So Rule #2 – Focus on Getting the Good Stuff In really does work – it's really easy. Each meal you just start with the good stuff first. The plate MUST be clean of the good stuff at the end of the meal.

Rule #3 Follow Your Instincts

This rule is the best bit. This is what I love so much about this approach.

The traditional approach to the alkaline diet (and any healthy living plan) requires you to start off by cutting out lots of unhealthy stuff and replacing it with healthy stuff. It immediately puts you on the back foot and makes it a challenge and something you have to battle from day one. When you use this approach of transitioning, you let your subconscious decide when you're ready to progress. Here is how it works:

The more alkaline you get the more alkaline you WILL get. It's like the 'rich get richer' analogy. It compounds and snowballs. You can start as slowly as you like with this approach because the best part is — as you focus on getting the good stuff in you will NATURALLY start to remove the bad stuff. There will be a combination of conscious and subconscious motivation at play:

Conscious: the better you feel the more likely you will be to WANT to make the right choice. After a few days, or a few weeks — or even a few months, you will find yourself WANTING to say no to certain foods or drinks because you're feeling so great and you don't want to change that. You'll get more picky with your treats and save your blow outs for social events that matter rather than a casual random dessert of bottle of wine for no apparent reason.

Subconscious: your subconscious is a fast learner and it works on rewards and the longer you do this the better and better you'll start to feel. Your brain will notice the action equals positive response in your body and it will put two and two together very quickly. The best part of this is – it will then start to act as a 'healthy filter' for you – you'll stop noticing temptations, you'll stop being drawn towards them.

Have you ever been in a good healthy place in your mind and at the grocery store and as you head down the chiller aisle you are so focused on finding the tofu or healthy section you don't even SEE the ice cream freezer? This is your brain filtering FOR you. This approach is fantastic for this – it allows you to cut foods out and make healthier choices on autopilot – with no pain, hard work, anxiety, stress or willpower needed!

You just get gradually more and more alkaline and more and more healthy, energised and full of vitality!

This is why this works so well and why it has worked every single time I've coached someone to implement it. Everyone who tries this approach ends up in the same place: incredible energy, incredible vitality, alkaline and full of health but with a social life, room for flexibility and social events, and a strong motivation that is ingrained within them that allows them to have treats without falling off the cliff and going backwards for three months. It breeds success, the more you do it the better it gets!

NOW, the key to doing this, and the bit you might be feeling that you're missing is having delicious recipes that makes "getting the good in" easy – and that's where I come in with these guides, recipes and meal plans!

Getting healthy and living with the energy and body of your dreams is a LOT easier than we've been led to believe and I want to share with you exactly HOW to make it easy, enjoyable and sustainable – so you can live to your health potential without giving up your social life and changing who you are.

Remember – my ability to get such fantastic results with people by getting alkaline, comes down to this: getting alkaline is all about following a system, a set of steps, strategies that are proven to work and THEN making those steps and strategies as easy to implement as possible.

The Common Mistakes Most Alkaline Beginners Make

When people first start the alkaline diet they almost almost make all (or almost all) of these mistakes.

If you are making any of these mistakes can do almost all of the hard work you put in.

It's why so many people can find the alkaline diet hard at first, when in reality it should be fun and enjoyable and pretty darn easy. Let me show you how...

Let's Turn These Common Mistakes into STRENGTHS!

But when you take these common 'mistakes' and turn them into strengths (which I am about to show you how to do!) the alkaline diet becomes easy, enjoyable, easy to stick to and fun. Plus the results you get are double or triple what you would have gotten before, with less effort required!

My Strength Is Making the Alkaline Diet Easy for People Just Like You...

It has always been my mission to make the alkaline diet easy, enjoyable and fun (and therefore long-term and sustainable). And in my 13 years experience (13 YEARS! It's gone so fast!) I have truly gotten to the core of why some people get alkaline and get results easily, while others struggle and give up.

It's not down to body type. It's not down to blood type. It's not

down to your previous diet. It's not down to how fit you are. It's not down to whether you give up meat or not.

It's not down to anything other than your approach – fuelling the body instead of focusing on restrictions, seeing yourself and your body as a team instead of working against one another...realising that if you give your body the nutrients and tools it needs it will thrive and you will flourish...

And those first few days and weeks are SO important.

The FIVE Biggest Mistakes Most Alkaline Beginners Make (...and how to turn them into strengths)

Mistake #1: Aiming for Perfection from Day One:

In my experience, working with people from all walks of life, with all different backgrounds and history and with all different goals – one thing is almost always certain. When people first start the alkaline diet, they start off striving for perfection.

After reading the pH Miracle (or another book!), going to a Tony Robbins event, reading an article online or in a newspaper somewhere, going alkaline makes a LOT of sense to most people. But when they start out, common sense seems to go out of the window and they try to do it all at once!

This is probably true of most people when they start with most changes to their health or lifestyle with any diet plan or new gym regime. But let me make this clear:

When you try to be perfect from day one, you set yourself up for failure!

I'm here to tell you now – in all of my experience, there is nothing that will lead to failure faster than striving to be perfectly alkaline from day one. Plus it makes it no fun, unenjoyable and incredibly difficult to sustain.

The good news is that starting slow, building up, taking it day-by-day and one step at a time is the FASTEST way to succeed. It truly is. My old driving instructor, Ron Ricker used to tell me "Sometimes the fastest way is to take your time" and in this instance I couldn't agree more with Ron.

When you try to be perfect all at once, there are lots of pressure points and potential points of failure.

...and most of all – the hardest thing is this: trying to give up everything at the same time as introduce new foods and habits... all at the same time...is too much!

When you're in the process of giving stuff up, you have to battle the cravings, the habitual changes, the stress, the psychological battles, and then all at the same time as trying to think of alkaline meals to make.

This is hard.

There is a lot to take in at the start so I recommend (highly), taking it slowly and focusing at first on GETTING THE GOOD IN, not on trying to cut the bad stuff out. Sounds much easier doesn't it?

So keep this in mind:

Focus on the big, most important stuff. The core fundamentals that I discuss later in this guide. If you focus on nailing these fundamentals then you'll get 1000% bigger results than if you try to do it all at once.

Summary: Making It Into a Strength

- [+] Don't try to do it all at once and don't strive to be perfect from the start!!
- [+] Focus first on getting the GOOD in and not on restricting the bad. This will make it more fun, easy and still get you big, big results
- [+] Take it one day and one week at a time when it comes to eliminating and transitioning away from bad foods: this week dairy, next week coffee. And don't move onto the next one until you've nailed the current one!
- [+] Focus on the FUNDAMENTALS first, the 20% of things that will give you 80% of the overall benefit: hydration, greens, oils, minerals and moderate exercise. Just these five small changes, when compounded, will get you a huge benefit.

Mistake #2: Preparedness

Be prepared.

Oh yes, the boy scout motto has never been more true!

A lack of preparation will undo even the most experienced alkaliser! I have been studying and coaching the alkaline diet, as I mentioned,

for a long time now. I've closely examined what makes people succeed, what makes them fail and success always leaves clues.

I have seen, over and over, that in a vast number of cases where people are going great and then suddenly crash — a lack of preparation is the reason. Hunger kicks in and there is no healthy option.

Picture this:

...you get home from work, tired, stressed and HUNGRY. The kids are hungry. It's time for dinner. It's dark and cold outside and there is no way you're going out there, even if you had the time, to go shopping for groceries.

What's in the house will have to do it.

BUT what's in the house is not a pretty sight. So you just have to grab/cook whatever is easiest and quickest to make to feed all of these hungry bodies. And convenience foods, the stuff that's left in the cupboard when everything else has been eaten is almost always acidic.

And even if that isn't the situation, when you're not prepared but you DO have a bunch of raw ingredients in the fridge and pantry, if you're not prepared and knowing what you're going to cook it can be soooo hard to invent a meal that's going to be not only alkaline, but delicious enough that the whole family will want to eat it. And if that isn't the situation either, consider that time when you're hungry for a snack but don't have anything alkaline on hand to make it a healthy snack.

But the hunger is gnawing away at you.

What will you eat?

And even if none of those are the situation(!) – imagine breakfast time when you're in a hurry, late for work and don't have something that is quick AND alkaline to grab? Can you imagine what you might have?

Being prepared is simple.

It's about developing a bank of easy, delicious, alkaline recipes that become your staples. Meals that you can always fall back on.

Being prepared is also about knowing what meals you're going to eat in the next few days, forward planning and then, shock horror, shopping for those ingredients you need so you can make those meals!

It's all about having a little bit of preparation, foresight and planning so that it enables you to live alkaline easily, and deliciously!

This is why the folks in my Alkaline Base Camp membership (hi guys) do so well and so easily – because each month they get a new set of menus, with their daily meals planned out and an itemized shopping list laid out for them – so they just need to shop, follow the meal plan and it's all done for them.

Having this resource for yourself is a HUGE win – and makes it all so much easier.

I HIGHLY recommend planning out your meals each week, fortnight or month and going through this exercise yourself. It is often the difference between success and failure.

Summary: Turning the Mistake Into a Strength

- [+] Don't leave it to fate! If you live and shop and eat day to day you will get caught out hungry but only with access to acidic foods
- [+] A little bit of forethought will go a LONG way: plan your meals ahead at least 3 days in advance and shop for those foods!
- [+] Always have a shortlist of ingredients 8-10 ingredients you can always have in the house which mean you can make 5-6 simple alkaline meals and snacks at the drop of a hat.
- [+] Always have a couple of 'get out of jail, free' snacks available to you at all times nuts & seeds, sprouted breads, avocados, tomatoes make excellent options

Mistake #3: Digestion

So few people realise the important of the digestive system. I think it's the most important thing to focus on when you first start to go alkaline. When you have been eating an acidic, less than healthy diet for a while, your digestive system gets clogged up and impacted. It gets chock-a-block full of yeast, bacteria, mycotoxins and candida. Both of these situations are not good for you and your health goals.

And worst of all, they will mean you're only getting a fraction of the benefit from the hard work you're putting in.

Let me explain:

SITUATION ONE: When your digestive system is compromised and acidic, you will get into a cycle of bacteria, yeast, acidity,

candida and more. The more there is, the more wastes these produce, the more they then feed on these wastes and grow and the more acidic and bacteria you get. SO many problems emerge from this. Candida, of course, reflux, and research STRONGLY links digestive issues such as IBS with the existence of bacteria and yeasts in the digestive system, for example.

The more acidic you are, the worse this gets and it snowballs. If you believe you have a yeast/carb/sugar addiction — this is a symptom AND a reason.

SITUATION TWO: A clogged and impacted digestive system will mean you're only absorbing a fraction of the nutrients you're consuming! When your digestive system is full of undigested matter, yeasts etc. these wastes coat the walls of your large intestines, which is where your nutrient absorption is supposed to take place. Your large intestine walls are covered with tiny little finger like things called villi that have the job of absorbing all of the nutrients from the foods you consume.

But of course, when you're intestine walls are covered in old matter, candida and bacterial overgrowth, these villi are covered and impacted and cannot do their job!

THIS IS EXCITING NEWS!

It means that as soon as you start to clean out your digestive system your results will suddenly POP – even though you're not doing anything different!

More results, with no extra work required!

While going alkaline will make this process of cleansing start to

work, there are some simple things you can do to speed this up considerably – especially when you're first starting out.

Digestive Foods

There are certain foods you can include more of that will rapidly speed the cleansing of your digestive system. In another guide I'll go more into each of these foods, how to use them and give some recipes, but for now, just shop for them and include them!

- Quinoa
- Buckwheat
- Husks
- Beans
- Greens (collards, kale, spinach etc)
- Avocado
- Celery
- Broccoli
- Chickpeas
- Sweet Potatoes

Plus a special shout goes to grapefruit as a snack as it is mildly alkaline and helps support the digestive system with a high content of pectin fiber which is a great cleanser.

Plus of course these foods are terrible for your digestive system – processed foods, fast foods, fatty foods (as in trans fats), low water content foods, sugar, yeast etc.

Digestive Supplements

The two best supplements you can use, in my opinion are:

- 1) Psyllium Husks: which are a combination of insoluble and soluble fibre and are the very best cleansing fibre supplement I have ever come across. Cheap and easily found online and offline.
- 2) pH Miracle's pHlush: powerful, so use gently and slowly at first. It's an oxidiser in the alimentary canal and acts like an 'at-home colonic'! It's fantastic for clearing out the digestive system!

Hydration

Hydration, hydration - it's going to be mentioned a lot in this guide.

You simply cannot be dehydrated and have a properly functioning digestive tract. It just ain't gonna happen. Aim to drink between 2-4 litres of clean, filtered and preferably alkaline water each day, without fail. Your whole body, not just your digestive system, will thank you for it.

Chewing

Incomplete chewing and talking while eating can cause premature swallowing. Our digestive systems are not designed to digest large pieces of food, so putting large pieces in our stomachs can lead to incomplete digestion (aka: digestive discomfort. The digestive process starts with chewing, which naturally churns the food.

Chewing also releases digestive enzymes to further aid in the digestive process.

The same goes for having massive mouthfuls. When you have a big mouthful, then chew – it expands and forces you to swallow

prematurely, putting even more pressure on the digestive system.

Relaxing

Eating when you are rushed increases your stress and slows down the digestive process. Create a nice calming atmosphere while eating. And take your time. Here's a simple rule I put into place for myself to stop myself hurrying through meals:

Don't allow yourself to touch your fork until your current mouthful has been completely chewed and swallowed.

So many people start racking up their next mouthful before they're even chewing their current mouthful. Don't do this. Savour each mouthful. Enjoy your meal.

Eating Regularly

Having big meals less often is much more stressful on the digestive system than having smaller meals more often. Eating little and often will also prevent you getting into that position I mentioned earlier of being so hungry you just have to grab whatever you can (which is almost always acidic!).

Summary: Turning this Mistake Into a Strength

- [+] Don't ignore the digestive system! Give it love (especially in the early days) and your results will be SO FAST!
- [+] Focus on the high fibre foods to begin with green vegetables, beans, chickpeas, grapefruit, avocado, celery etc.
- [+] Try to move away from the foods that will encourage yeast to

keep growing in your digestive system: simple carbs, refined foods, processed foods etc

- [+] Get some psyllium husks!
- [+] Eat slowly, relax, enjoy your meals
- [+] Hydration, hydration, hydration!

Mistake #4: Quantities

This is a funny one, but true. When most people start the alkaline diet they eat so little! For some reason quantities go out of the window and they start eating these tiny little meals!

I don't know why!

The best thing you can do to repair and alkaline, cleanse your body and digestive system is to flood your body with nutrients, and you'll only be able to do that by eating lots!

I generally don't like to talk about calories in/out – especially when it comes to weight loss, but in this instance I will reference it simply to say: these people are getting nowhere near enough protein, calories or fats!

You really do need to keep on eating lots when you go alkaline. It's no good to cut out all the crap and replace it with a plain salad. You still need to be getting a varied, mixed diet, with protein, complex carbs, oils, loads of veggies, high water content foods, nutrient dense foods etc.

Important: you should NEVER be hungry on the alkaline diet.

If you are often hungry, you're doing it wrong and you should email me to trouble shoot with you to make this right.

So make sure you're getting enough food each day!

If you follow the recipes in this guide you'll soon see that you're getting an abundance of foods and you will never go hungry!

Making It Into a Strength Summary:

- [+] Never go hungry
- [+] Eat LOTS
- [+] Remember to get enough oils, complex carbs and proteins, if you're ever worried
- [+] Make 2x your main meals and freeze some to eat later as snacks or as a second serve if you get hungry an hour or so later
- [+] Being hungry is an acidic state don't let it happen!
- [+] Have alkaline snacks handy at all times when you're first starting out

Reversing these four common mistakes means you're now pulling everything in the same direction to give you a compounded benefit. Doing these four things will give you a benefit greater than the sum of it's parts.



Spinach



Nutrients per 1 Cup

Vitamin K – 1110%
RDA
Vitamin A – 337.3%
RDA
Manganese – 84% RDA
Folate – 65.7% RDA
Magnesium – 38% RDA
Iron – 35% RDA
Vitamin C – 31% RDA
Vitamin B2 – 27% RDA
Calcium – 25% RDA

Live Energized

ALL leafy greens should be eaten in abundance but spinach is my absolute favourite because it's easy to buy, easy to use in recipes and salads and is delicious. Baby spinach or fully grown spinach are nutritional powerhouses and are incredibly alkaline.

As with all green foods, spinach is rich in chlorophyll, a potent alkaliser and blood builder.

It is also super high in vitamin K, vitamin A, manganese, folate, magnesium, iron, vitamin c, vitamin b2, calcium, potassium, vitamin e, dietary fiber....need I go on?

I doubt there is a more all round healthy food

Research on Spinach:

- Spinach as a powerful antioxidant: Manach C, Scalbert A, Morand C, Rémésy C, Jiménez L. Polyphenols: food sources and bioavailability. Am J Clin Nutr. 2004 May;79(5):727-47. 2004. PMID:15113710.
- Spinach intake and ovarian cancer reduction: Gates MA, Tworoger SS, Hecht JL, De Vivo I, Rosner B, Hankinson SE. A prospective study of dietary flavonoid intake and incidence of epithelial ovarian cancer. Int J Cancer. 2007 Apr 30; [Epub ahead of print] 2007. PMID:17471564.
- Spinach intake and breast cancer: M P
 - Longnecker, P A Newcomb, R Mittendorf, E R Greenberg and W C Willett. Intake of carrots, spinach, and supplements containing vitamin A in relation to risk of breast cancer. 1997. American Association for Cancer Research.
- Spinach and reversing motor and neuronal

aging: James A. Joseph1, Barbara Shukitt-Hale1, Natalia A. Denisova1, Donna Bielinski1, Antonio Martin1, John J. McEwen1, and Paula C. Bickford. Reversals of Age-Related Declines in Neuronal Signal Transduction, Cognitive, and Motor Behavioral Deficits with Blueberry.

Kale



Nutrients per 1 Cup

Vitamin K: 1327%

RDA

Vitamin A: 354%

RDA

Vitamin C: 88.8%

RDA

Manganese: 27% RDA

Fiber: 12% RDA

Live Energized

Kale is another leafy green that is widely known for its cancer-fighting, cholesterol-lowering, antioxidant-rich, detoxifying goodness.

Less popular than spinach, but only because it has a history of being cooked poorly (like cabbage) – when done right it is absolutely delicious (see recipes below, you'll thank me).

If you eat kale 2-3 times per week you'll know it. Like spinach it is massively high in vitamin k, vitamin a and vitamin c and being leafy green it also has a huge chlorophyll content.

The reason it is so powerful against the cancer fight is that kale contains at least four glucosinolates. I don't want to lose you here by using words like glucosinolates – all you need to know is that as soon as you eat and digest kale, these glucosinolates are really easily converted by the body into cancer fighting compounds.

Also quite amazing for lowering cholesterol, it should be noted that steamed kale is more effective for cholesterol lowering than raw.

Research on Kale:

- Ambrosone CB, Tang L. Cruciferous vegetable intake and cancer prevention: role of nutrigenetics. Cancer Prev Res (Phila Pa). 2009 Apr;2(4):298-300. 2009.
- Angeloni C, Leoncini E, Malaguti M, et al. Modulation of phase II enzymes by sulforaphane: implications for its cardioprotective potential. J Agric Food Chem. 2009 Jun 24;57(12):5615-22. 2009.
- Bhattacharya A, Tang L, Li Y, et al. Inhibition of bladder cancer development by allyl isothiocyanate. Carcinogenesis. 2010 Feb;31(2):281-6. 2010
- Higdon JV, Delage B, Williams DE, et al. Cruciferous Vegetables and Human Cancer Risk: Epidemiologic Evidence and Mechanistic Basis. Pharmacol Res. 2007 March; 55(3): 224-236.
- **2007**.

Zhang Y. Allyl isothiocyanate as a cancer

Cucumber



Nutrients per 1 Cup

Vitamin K: 23% RDA

Molybdenum: 8% RDA

Vitamin C: 6% RDA

Potassium: 5% RDA

Manganese: 5% RDA

Live Energized

The beauty of cucumber is it's water content – 95%. That is phenomenal and you won't find that anywhere else. It's the daddy of water-content. This of course makes it an incredibly hydrating food to consume, that ALSO contains superb amounts of antioxidants, including the super-important lignans. These highly beneficial polyphenols have more commonly been associated with the cruciferous vegetables, but their content in other veggies such as cucumbers is gaining more and more attention.

Cucumbers contain a right load of lariciresinol, pinoresinol, and secoisolariciresinol (don't try to pronounce), three lignans that have a huge and very strong history of research in connection with reduced risk of cardiovascular disease as well as several cancer types, including breast, uterine, ovarian, and prostate cancers.

The best thing about cucumber is that they provide the base for practically every alkaline soup, smoothie and juice – giving you a very alkaline, very nutritious base that also tastes great.

In terms of the actual nutrient RDA per serve, cucumbers contain fair amounts of vitamins K and C, and slightly less of vitamin A and the B vitamins. Cucumbers also contain the following alkaline minerals: calcium, iron, phosphorus, potassium, magnesium, selenium, copper, manganese, iron and zinc.

Research on Cucumber:

- Kumar D, Kumar S, Singh J, et al. Free Radical Scavenging and Analgesic Activities of Cucumis sativus L. Fruit Extract. J Young Pharm. 2010 Oct;2(4):365-8. 2010.
- Milder IEJ, Arts ICW, van de Putte B et al. Lignan contents of Dutch plant foods: a database including lariciresinol, pinoresinol, secoisolariciresinol and matairesinol. Br J Nutr 2005, 93:393-402. 2005.
- Rios JL, Recio MC, Escandell JM, et al. Inhibition of transcription factors by plant-derived compounds and their implications in inflammation and cancer. Curr Pharm Des. 2009;15(11):1212-37. Review. 2009.
- Tang J, Meng X, Liu H et al. Antimicrobial activity of sphingolipids isolated from the stems of cucumber (Cucumis sativus L.). Molecules. 2010 Dec 15;15(12):9288-97. 2010.

Broccoli



Nutrients per 1 Cup

Vitamin C: 135% RDA

Vitamin K: 115% RDA

Folate: 16% RDA

Vitamin A: 14% RDA

Manganese: 10% RDA

Dietary Fiber: 10% RDA

Potassium: 8% RDA

VItamin B6: 8% RDA

Live Energized

Broccoli is just a must. If you are serious about living with health, energy and vitality you simply have to eat broccoli, if not on a daily basis, then at least 4 times per week.

Broccoli has been proven over and over again to be incredibly powerful in inhibiting cancers, supporting the digestive system, the cardiovascular system, the detoxification processes in the body and also supporting the skin, metabolism, immune system, being an anti-inflammatory and providing ample antioxidants.

Sound good?

Eaten steamed or raw its a hugely alkaline, hugely nutritious food. Please, please, please eat lots and lots of it. Put it in salads, juices, smoothies, soups... steam it with other veggies – you can even roast it if you're having sunday lunch.

Don't let a meal go past without thinking to yourself "how could I get some broccoli in here?"

Research on Broccoli:

- Broccoli and Cancer Prevention: John W. Finley, Clement Ip, Donald J. Lisk, Cindy D. Davis, Korry J. Hintze, and Phil D. Whanger. Cancer-Protective Properties of High-Selenium Broccoli. Cancer-Protective Properties of High-Selenium Broccoli. 2001. American Chemical Society
- Broccoli and Cardiovascular Disease: Lingyun Wu, M. Hossein Noyan Ashraf, Marina Facci, Rui Wang, Phyllis G. Paterson, Alison Ferrie, and Bernhard H. J. Juurlink. 2004. Dietary approach to attenuate oxidative stress, hypertension, and inflammation in the cardiovascular system. The Proceedings of the National Academy of Sciences
 - Broccoli and Cancer Prevention: Ambrosone CB,
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 - Broccoli and Cancer Prevention: Clarke JD,
- Dashwood RH, Ho E. Multi-targeted prevention of cancer by sulforaphane. Cancer Lett. 2008 Oct
 - Chemo-protection and Broccoli: Konsue
- N, loannides C. Modulation of carcinogenmetabolising cytochromes P450 in human liver by the chemopreventive phytochemical phenethyl isothiocyanate, a constituent of cruciferous vegetables. Toxicology. 2010 Feb 9;268(3):184-

Avocado



Nutrients per 1 Cup

Dietary Fiber: 40% RDA

Vitamin K: 38% RDA

Folate: 30% RDA

Vitamin C: 24% RDA

Vitamin B5: 20% RDA

Potassium: 20% RDA

Live Energized

I eat a LOT of avocado. Not a salad, smoothie or soup goes by without me adding at least 1/2 an avocado per person. I probably eat at least five-seven per week, myself.

Now, I know a lot of people give avocado a bad rep because it is a high-fat food (85% of it's calories come from fats) – but this is totally insane. These are good fats that will not make you gain weight. If anything, due to the high content of oleic acid (making it an omega 9 fat and very similar to olive oil), it can lower total cholesterol level and raise levels of high-density lipoproteins (HDLs) while lowering low-density lipoproteins (LDLs), also known as the "bad" cholesterol. Oleic acid also slows the development of heart disease, and promotes the production of antioxidants.

These beneficial omega oils also help speed the metabolism, actually leading to weight loss rather than gain.

So now we're over the fat issue, avocado also

contains a wide range of other nutrients that have serious anti-inflammatory, heart health, cardiovascular health, anti-cancer, and blood sugar benefits.

Containing key antioxidants such as alpha-carotene,

Research on Avocado:

- Avocado & Adult Health: Fulgoni V, Dreher M, Davenport A. Avocado consumption associated with better nutrient intake and better health indices in U.S. adults (19+ years): NHANES 2001-2006. Abstract #8514. Experimental Biology, Anaheim, CA. April 28, 2010. 2010.
- Avocado & Cancer: Ding H, Han C, Guo D et al. Selective induction of apoptosis of human oral cancer cell lines by avocado extracts via a ROS-mediated mechanism. Nutr Cancer. 2009;61(3):348-56. 2009.
- Avocado & Cancer: Ding H, Chin YW, Kinghorn AD et al. Chemopreventive characteristics of avocado fruit. Semin Cancer Biol. 2007 May 17; [Epub ahead of print] 2007. 2007.
- Avocado & Inflammation: Rosenblat G, Meretski S, Segal J et al. Polyhydroxylated fatty alcohols derived from avocado suppress inflammatory response and provide non-sunscreen protection against UVinduced damage in skin cells. Arch Dermatol Res. 2010 Oct 27. [Epub ahead of print]. 2010.

Celery



Nutrients per 1 Cup

Vitamin K: 37% RDA

Folate: 9% RDA

Vitamin A: 9% RDA

Potassium: 8% RDA

Molybdenum: 7% RDA

Dietary Fiber: 6% RDA

Live Energized

Celery, like cucumber is a favourite because it's alkaline AND really high water content, so is used very frequently as a base in juices and soups (not so much smoothies as you have to juice it first...and then you have double the washing up).

One of celery's big benefits is it's vitamin C level, which has the well known benefits – but two of it's lesser known nutrients are phthalides which have been shown to lower cholesterol and coumarins which have been shown to inhibit several cancers.

The beauty of vitamin C rich foods are that they help with the most common and most challenging health concerns – they support the immune system, inflammation (so helps with arthritis, osteoporosis, asthma etc), and vitamin C also helps significantly with cardiovascular health.

If you are on a weight loss journey, you'll also be happy to hear that this alkaline staple contains plenty of potassium and sodium and so is a diuretic – meaning it helps rid the body of excess fluids.

Research on Celery:

- Celery and Hypertension: Kurl S, Tuomainen TP, Laukkanen JA et al. Plasma vitamin C modifies the association between hypertension and risk of stroke. Stroke 2002 Jun;33(6):1568-73 2002.
- Celery & Cholesterol: Tsi D, Tan BK. The mechanism underlying the hypocholesterolaemic activity of aqueous celery extract, its butanol and aqueous fractions in genetically hypercholesterolaemic RICO rats. Life Sci 2000 Jan 14:66(8):755-67 2000.

Capsicum/Bell Pepper



Nutrients per 1 Cup

Vitamin C: 195.8%

RDA

Vitamin A: 58% RDA

Vitamin B6: 14% RDA

Folate: 11% RDA

Dietary Fiber: 7% RDA

Live Energized

The antioxidant superpower, bell pepper is one of my all-time-favourites because it is sweet, crunchy and refreshingly delicious. You can use it in almost any meal raw, grilled, fried, roasted and it is always a winner.

Here are just SOME of the antioxidants bell pepper contains:

- Flavonoids- luteolin- quercetin- hesperidin
- Carotenoids– alpha-carotene– beta-carotene– cryptoxanthin– lutein– zeaxanthin
- Hydroxycinnamic Acids
 ferulic acid
 cinnamic acid

Of these, the cartenoids are the most interesting. Impressively beneficial to our health cartenoids are highly researched and get a lot of attention in the health field...and bell peppers contain over 30 different members of the carotenoid nutrient family. The only other food that is close to this is tomato... and all other foods are also-rans.

Bell peppers have shown up in research relating

to decreasing the risk of cardiovascular disease, type II diabetes, macular degeneration, cancer, inflammation and more.

Alongside these lesser known or more complexnamed antioxidants, bell pepper is one of, if not the best food source of the more common antioxidants: vitamin C, vitamin A and vitamin E.

In fact, bell peppers contain twice as much vitamin

Research on Bell Pepper:

- Pepper and Dementia: Devore EE, Grodstein F, van Rooij FJA et al. Dietary antioxidants and long-term risk of dementia. Arch Neurol. 2010 July; 67(7): 819-825, 2010.
- Peppers and Antioxidants: O'Sullivan L, Jiwan MA, Daly T, O'Brien NM et al. Bioaccessibility, uptake, and transport of carotenoids from peppers (Capsicum spp.) using the coupled in vitro digestion and human intestinal Caco-2 cell model. J Agric Food Chem. 2010 May 12;58(9):5374-9. 2010.
- Pepper and Cancer: Ambrosini GL, de Klerk NH, Fritschi L et al. Fruit, vegetable, vitamin A intakes, and prostate cancer risk. Prostate Cancer Prostatic Dis. 2008;11(1):61-6. 2008.



The Seven Most Acidic Foods

Acidic Food #1: Cola/Soda



Cola has to come in at number one and I could write a whole thesis on why. But let's just touch on the main points as to why I quite literally never touch colas, lemonades, sports drinks and other fizzy, carbonated beverages. Full of sugar, chemicals, sweeteners and ingredients that are actually known and proven as being dangerous for human health (hello phosphoric acid).

It's almost impossible to know where to start with listing out how SHOCKINGLY BAD cola and soft drinks are for our health (and chemically addictive), so I'll start with the ingredients and then move onto the research that proves just SOME of the health problems that cola causes (again, proven).

• Sugar: colas contain sugar. Loads and loads of it. About 10 teaspoons per 330ml can. This. Is. Crazy. Remembering that sugar is more addictive than cocaine, it would be very wise to begin your transition away from cola and sodas right now. Today.

As Mercola says "It is a proven fact that sugar increases insulin levels, which can lead to high blood pressure, high cholesterol,

heart disease, diabetes, weight gain, premature aging and many more negative side effects. Most sodas include over 100 percent of the RDA of sugar."

- Phosphoric Acid: known to interfere with the body's ability to use and absorb calcium, this is one of the main reasons why cola consumption is so strongly linked to osteoporosis
- Caffeine: caffeine is of course not only highly acidic, but also a cause of dehydration (as a diuretic). Most colas would contain around 55mg of caffeine, which is just shy of the 65mg found in a shot of proper espresso. This is a LOT of caffeine to get from a beverage that isn't even coffee! Caffeine has also been shown to increase the risk of insomnia, disrupt adrenal function, increase cortisol levels, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, breast lumps, birth defects and more.
- High-fructose modified corn syrup: geez, where do you even start with HFCS. Unquestionably linked to obesity, type II diabetes, heart disease, cancer, dementia, liver failure, kidney failure and more. It's no surprise to find that since the US consumption per person of HFCS went from 0 to 60 lbs per person per year obesity has tripled and diabetes has grown seven-fold. Of course, there are other variables but you can't ignore this. Now

I could go into a LOT of depth here on HFCS but let's just leave it here. It's a horrible, horrible curse that has been put upon our modern society by the food industry in the last few decades. Thank goodness for people like Dr Mark Hyman and others – we're all smartening up!

• Other random chemicals: While the federal limit for benzene in drinking water is 5 parts per billion (ppb), researchers

have found benzene levels as high as 79 ppb in some soft drinks, and of the 100 brands tested, most had at least some detectable level of benzene present

• Aspartame: the worst of the worst when it comes to sweeteners (and the reason why diet sodas and colas are just as bad as the regular kind), aspartame is the sweetener with over 92 different health side effects that have been associated with it's consumption including brain tumors, birth defects, diabetes, emotional disorders and epilispsy/seizures and more.

And the simple fact is, sugar, caffeine, HFCS, sweeteners are all HIGHLY acidic, and sodas contain them in abundance. Let's put it like this – you can't be alkaline and consume cola on a daily basis.

But here are some other scary facts about regular cola/soft drink consumption:

- The British medical journal "The Lancet" published a study showing that, during a two year study, those 12-year olds who drank soda on a daily basis had a 60% increase in the risk of obesity!
- One cola per day can increase your risk of diabetes by up to 85%
- Sheffield University research discovered that the chemical called sodium benzoate which is found in almost all colas and soft drink actually disrupts and damages DNA! The researcher reported that "And there is a whole array of diseases that are now being tied to damage to this DNA Parkinson's and quite a lot of neurodegenerative diseases, but above all, the whole process of aging."....and so much more!

Known Negatives of Cola/Soda: cola consumption is linked to an increased risk of: obesity, diabetes, liver damage, tooth decay, chronic kidney disease, heartburn/reflux, osteoporosis, heart disease, gastrointestinal diseases, cancers, gout and so much more.

Research & References:

Bray, G.A., Nielsen, S.J., and B.M. Popkin. 2004. Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. Am J Clin Nutr. 79(4):537-43.

Caroline M. Apovian, MD. 2004. Sugar-Sweetened Soft Drinks, Obesity, and Type 2 Diabetes. JAMA. 2004;292(8):978-979. doi:10.1001/jama.292.8.978.

Matthias B. Schulze, DrPH; JoAnn E. Manson, MD; David S. Ludwig, MD; Graham A. Colditz, MD; Meir J. Stampfer, MD; Walter C. Willett, MD; Frank B. Hu, MD. 2004. Sugar-Sweetened Beverages, Weight Gain, and Incidence of Type 2 Diabetes in Young and Middle-Aged Women. JAMA. 2004;292(8):927-934. doi:10.1001/jama.292.8.927.

Hyon K Choi, Soft drinks, fructose consumption, and the risk of gout in men: prospective cohort study. 2008. British Journal of Medicine. BMJ 2008; 336 doi: http://dx.doi.org/10.1136/bmj.39449.819271.BE (Published 7 February 2008)

J James, D Kerr. Prevention of childhood obesity by reducing soft drinks. 2005. International Journal of Obesity (2005) 29, S54–S57. doi:10.1038/sj.ijo.0803062

Malik, SV et al. Sugar-Sweetened Beverages and Risk of Metabolic Syndrome and Type 2 Diabetes. 2010. Diabetes Care November 2010vol. 33 no. 11 2477-2483

Acidic Food #2: Ice Cream



All dairy is acidic (yes, milk is not good for you and doesn't lead to stronger bones, it actually leads to weaker bones) but ice cream is the worstbecause it's just so dense! Something that is always scary is the amount of something alkaline needed to neutralise a strong acid – the ratio is 20:1.

That means it takes 20 cups of something alkaline to neutralise 1 cup of a strong acid. Unfair isn't it? This ratio is certainly true of milk – it would take 20 glasses of alkaline water to neutralise 1 glass of milk. Not good. But it actually works out that it would take twelve times as much, that's 240 cups of something alkaline to neutralise ONE cup of ice cream! Crikey!

It's that bad. Truly.

Personally, if I ever have even a little bit of ice cream I feel tired instantly and get a headache. It's instant. I hate the stuff for it. It literally couldn't taste good enough for me to want to eat it and get that response in my body. It takes 12lbs of milks to make 1lb of ice cream – always remember that.

And this doesn't even take into consideration the additives, colourings, sweeteners and other chemicals and acidic substances that go into ice-cream to make it so addictive and sweet.

Ice cream is an easy one to get rid of. Do it! And if you're a label-reader like me, you may see castoreum listed on vanilla & raspberry ice cream. Ick factor: What they don't say on the label is that castoreum is the anal secretions & urine from a beaver. While not known to be harmful, knowing there's beaver pee in your ice cream may help you cut empty calories! Hope that helped!

Known Negatives of Ice Cream/Dairy:highly acidic, mucous forming, causes acne, heightens allergies, contains hormones, pesticide residues, microforms, mycotoxins, saturated acidic fats, lactose, bacteria, can lead to bone weakening, weight gain and digestive issues, high impact on cardiovascular health.

Research & References:

Soedamah-Muthu SS, Ding EL, et al; Milk and dairy consumption and incidence of cardiovascular diseases and all-cause mortality; American Journal of Clinical Nutrition, 2011 Vol 93 no 1, 158-171

Adebamowo, CA, D Spiegelman, CS Berkey, et al. Milk consumption and acne in adolescent girls. Dermotol Online J. 2006;12:1

Lanou AJ, Berkow SE, Barnard ND. Calcium, dairy products, and bone health in children and young adults: a reevaluation of the evidence. Pediatrics. 2005;115:736-743.

Feskanich D, Willett WC, Colditz GA. Calcium, vitamin D, milk consumption, and hip fractures: a prospective study among postmenopausal women. Am J Clin Nutr. 2003;77:504-511.

Acidic Food #3: Sugar



Sugar is sugar. It's at the root of all acidity!

Sugar is quite literally an acidic waste product that for acids in the body is like petrol on a fire. And this counts for all sugar, white, brown, raw, cane, corn, malts, honey, molasses, sucrose, fructose (yes fruit), lactose, maltose, glucose and anything else ending in -ose.

Now, I know this isn't exactly an easy one to give up entirely and so it sticks out in this list a little (and this article as a whole) but I do want you to start to lower the amount of sugar in your life and move slowly away from it. It's at the root cause of all sickness and disease.

All sugars cause a rapid rise in blood sugar, which then creates an environment for the creation of bacteria, yeast and mold within the body (i.e. a hugely acidic digestive system, candida overgrowth, digestive issues, mal-absorption of nutrients and any sickness or disease you can think of).

The worst thing is, of course, the more sugar the body gets, the

more acidic it gets, and so the more it craves – to keep feeding these acidic microforms. As I said earlier – sugar is more addictive than cocaine – and so the only way to cut this off is to alkalise the body and slowly transition away.

Giving up sugar is normally really hard, but with the alkaline approach – the more alkaline you get the less you'll crave. It makes it so much easier and less stressful to give up this drug.

But as you look at our sugar consumption increase over the past 300 years, it's clear to see that something needs to be done:

Refined Sugar Consumption Trends in Past 300 Years:

In 1700, the average person consumed about 4 pounds of sugar per year.

In 1800, the average person consumed about 18 pounds of sugar per year.

In 1900, individual consumption had risen to 90 pounds of sugar per year.

In 2009, more than 50 percent us consumed 1/2 pound of sugar per day, which is 180 pounds of sugar per year.

And in 2016 I am sure it's even more. The trend just keeps going up and up as the food manufacturers KNOW that it's the way to keep us addicted to their products.

Known Negatives of Sugar: highly acidic, inflammatory, oxidising, endocrine distrupting, cancer-causing, diabetes starting, disgustingly addictive and the root of all sickness and disease!

Research & References:

Soedamah-Muthu SS, Ding EL, et al; Milk and dairy consumption and incidence of cardiovascular diseases and all-cause mortality; American Journal of Clinical Nutrition, 2011 Vol 93 no 1, 158-171

Adebamowo, CA, D Spiegelman, CS Berkey, et al. Milk consumption and acne in adolescent girls. Dermotol Online J. 2006;12:1

Lanou AJ, Berkow SE, Barnard ND. Calcium, dairy products, and bone health in children and young adults: a reevaluation of the evidence. Pediatrics. 2005;115:736-743.

Feskanich D, Willett WC, Colditz GA. Calcium, vitamin D, milk consumption, and hip fractures: a prospective study among postmenopausal women. Am J Clin Nutr. 2003;77:504-511.

Acidic Food #4: Hydrogenated and Partially Hydrogenated Fats/ Trans Fats:



As healthy as the healthy oils (omega 3, coconut oil etc) are to the body, the wrong fats are devastating.

We all know just how bad the bad fats are, and we've been told about them for many decades (clogged arteries, heart disease, cancer etc). Animal fats, cheap vegetable oils, butter and (worse, much worse) margarine, trans fats and a lot of saturated fats (coconut aside) are all absolutely shocking for our health.

Trans fatty acids, also known as trans fat, is an artery-clogging fat that is formed when vegetable oils are hardened into margarine or shortening. It's found in all of the most acid-forming foods – takeaways, fried foods, refined foods, cakes, biscuits, chocolates and chocolate snacks, chips, pizzas etc. You know the drill.

The consumption of trans fats is one of the main causes for the current obesity epidemic and absolutely a huge reason for the diabetes epidemic. Trans fats are proven to increase blood levels of low density lipoprotein (LDL), or "bad" cholesterol, while

lowering levels of high density lipoprotein (HDL), known as "good" cholesterol. The swines!

Sadly, and truthfully, many food companies use trans fat instead of oil because it reduces cost, extends storage life of products and can improve flavor and texture. Bear in mind too, and you'll know this if you've seen Hungry for Change, you'll know that the three ingredients that food companies use to get us addicted to foods are the acid-forming-combo of fat, sugar and salt.

Steer clear of these fats!

Known Negatives of Trans Fats/Hydrogenated Fats: artery clogging, raised 'bad' cholesterol and lowered 'good' cholesterol, high impact on cardiovascular health, obesity, cancer, diabetes and more.

Research & References:

- 1. Mozaffarian D, Katan M et al. Trans Fatty Acids and Cardiovascular Disease. N Engl J Med 2006; 354:1601-1613 April 13, 2006
- 2. Erkkilä A, de Mello VD, Risérus U, Laaksonen DE. Dietary fatty acids and cardiovascular disease: an epidemiological approach. Prog Lipid Res. 2008 May;47(3):172-87.
- 3. Mensink R, Katan M. Effect of Dietary trans Fatty Acids on High-Density and Low-Density Lipoprotein Cholesterol Levels in Healthy Subjects. N Engl J Med 1990; 323:439-445 August 16, 1990
- 4. Salmerón J et al. Dietary fat intake and risk of type 2 diabetes in women. Am J Clin Nutr June 2001 vol. 73 no. 6 1019-1026
- 5. Van Dam M R et al. Dietary Fat and Meat Intake in Relation to Risk of Type 2 Diabetes in Men. Diabetes Care March 2002 vol. 25 no. 3 417-424

Acidic Food #5: Monosodium Glutamate (MSG)



Monosodium glutamate, also known as sodium glutamate or MSG, is the sodium salt of glutamic acid, a non-essential amino acid. Even though it was classified by the U.S. Food and Drug Administration as generally recognized as safe (GRAS) the FDA still stated that:

"Studies have shown that the body uses glutamate, an amino acid, as a nerve impulse transmitter in the brain and that there are glutamate-responsive tissues in other parts of the body, as well. Abnormal function of glutamate receptors has been linked with certain neurological diseases, such as Alzheimer's disease and Huntington's chorea. Injections of glutamate in laboratory animals have resulted in damage to nerve cells in the brain."

Eeek. If the FDA are saying things like this then it's time to get worried...

Dr. Russell Blaylock, a board-certified neurosurgeon and author of "Excitotoxins: The Taste that Kills" explains that MSG is an excitotoxin, which means it overexcites your cells to the point of

damage or death (the same as aspartame and other sweeteners which we'll get on to), causing brain damage to varying degrees and possibly even causing the worsening of learning disabilities, Alzheimer's disease, Parkinson's disease, Lou Gehrig's disease plus more. Wow.

MSG was always known as being something that we only found in Chinese food. This is very misleading – it's everywhere. Well, it's everywhere if you eat a lot of refined and fast foods. MSG is a very powerful flavour enhancer so it's used in products such as crackers, chips, microwave meals, canned foods etc in order to make them taste fresher and more flavoursome.

MSG is hidden in lots of foods within ingredients, so look out for the following on your food labels: Autolyzed Yeast, Calcium Caseinate, Gelatin, Glutamate, Glutamic Acid, Hydrolyzed Protein, Monopotassium Glutamatem, Sodium Caseinate, Textured Protein, Yeast Extract, Yeast Food, Yeast Nutrient.

...and is often found in Flavors and Flavorings, Seasonings,
Natural Flavors and Flavorings, Natural Pork Flavoring, Natural
Beef Flavoring, Natural Chicken Flavoring, Soy Sauce, Soy Protein
Isolate, Soy Protein, Bouillon Stock Broth, Malt Extract, Malt
Flavoring, Barley Malt, Anything Enzyme Modified, Maltodextrin,
Pectin Enzymes, Protease, Corn Starch, Citric Acid, Powdered Milk,
Anything Protein Fortified, Anything Ultra-Pasteurized

Known Negatives of MSG: highly acidic, numbness, burning sensations, tingling, facial pressure, chest pains, breathing difficulties, headaches, nausea, weakness, fatigue, obesity, kidney failure & more

Research & References:

- 1. Ka He, Liancheng Zhao, et al. Association of Monosodium Glutamate Intake With Overweight in Chinese Adults: The INTERMAP Study. Obesity, 2008; Volume 16, Number 8, pp. 1875–1880.
- 2. Olney, JW, Ho OL. Brain Damage in Infant Mice following Oral Intake of Glutamate, Aspartate or Cysteine. Nature, August 8, 1970; Volume 227, pp. 609 611.
- 3. Redding T.W. · Schally A.V. · Arimura A. · Wakabayashi I. Effect of Monosodium Glutamate on Some Endocrine Functions
- 4. Nakanishi Y et al. Monosodium glutamate (MSG): A villain and promoter of liver inflammation and dysplasia. Journal of Autoimmunity Volume 30, Issues 1–2, February–March 2008, Pages 42–50

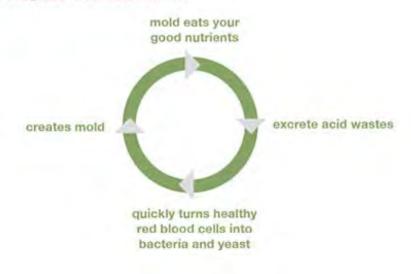
Acidic Food #6: Yeast



Having too much yeast in the body is predominantly the most acidic thing we can do, and also the biggest cause of acidity!

When we consume yeast, it's like we're throwing acid after acid into our body. The outcome of this is that your body is constantly in a state of absolute acidity and the worst thing is the consumption of yeast and the body's production of yeast is a vicious cycle – the more yeast we throw in, the more yeast we have in our system and the more acids the growth of these yeasts creates, which then feeds the yeast to grow further. Here is my super-simple-diagram to help explain what happens when we keep consuming yeasts, sugars (which turn into yeasts) and more:

The Cycle of Imbalance



In an acidic state, the body is constantly being ravaged. The stress of maintaining this level of alkalinity is just too much and so we get sick, tired and full of disease.

Yeasts from bread, pasta, alcohol, baked goods and anything that is made from yeast can cause huge microform overgrowth!

Known Negatives of Yeast: acidic, kidney stones, digestive issues, liver complaints, osteoarthritis, rheumatoid arthritis, kidney disease, heart disease, diabetes, candida, fungal infections and more.

Acidic Food #7: Sweeteners



I've kept this broad as 'all sweeteners' because they're all pretty bad, even the natural ones. BUT from here on presume I'm talking about the super-commercial artificial ones (not the stevia types). If you use these sweeteners in your daily diet – please stop asap!

They're SUCH bad news for your health! And worse still, many are truly not proven as safe for human consumption. Let's look at Splenda. At the time of it's approval for the FDA it was claimed it was proven as safe after the review of 110 pieces of research. However, further investigation of that research uncovers some interesting facts:

- 1. Of these 110 studies only TWO were human studies
- 2. The longest human study lasted FOUR DAYS!
- 3. It included only 30 participants
- 4. And the study was on tooth decay not our health!

This just goes to highlight another example of the complete and utter bull***t that exists out there when money talks.

The REAL story is this – use of Splenda has been shown to decrease our healthy stomach bacteria by up to 50%.

Ultimately, whichever brand you use you'll be ingesting one or more of the following: aspartame, saccharine, neotame, sucralose, acesulfame and or cyclamates. These are all highly acidic to the body.

For instance, when ingested, aspartame breaks down into formaldehyde in the body!

Please just don't let them into your body!

Known Negatives of Sweeteners: highly acidic, carcinogenic, migranes, dizziness, fatigue, insomnia, weight gain, loss of taste and linked to a worsening of Parkinson's fibromyalgia, Alzheimers, thyroid disorders and many more.

Research & References:

- 1. Maher T J, Wurtman R J. Possible neurologic effects of aspartame, a widely used food additive. Environ Health Perspect. 1987 November; 75: 53–57.
- 2. Mead N. Sour Finding on Popular Sweetener: Increased Cancer Incidence Associated with Low-Dose Aspartame Intake. Environ Health Perspect. 2006 March; 114(3): A176.
- 3. Vartanian LR et al. Effects of Soft Drink Consumption on Nutrition and Health: A Systematic Review and Meta-Analysis. American Journal of Public Health: April 2007, Vol. 97, No. 4, pp. 667-675.
- 4. Yang Q. Gain weight by "going diet?" Artificial sweeteners and the neurobiology of sugar cravings. Yale J Biol Med. 2010 June; 83(2): 101–108.





Starter Recipe Ideas, Breakfast Lunch Dinner

"But Ross, what do I eat?! I have the list of foods to eat and avoid, but what MEALS do I actually eat?!"

As you're a long-term Live Energized subscriber you've gotten lots of my recipes over the years. But of course, you don't want to have to follow a laid-out meal plan for the rest of your life - you want to know enough to be able to make your own meal choices from time to time!

So in this section I'll outline in an informal way the types of foods and meals I look to on an 'average' day for breakfast, lunch and dinner.

Breakfast

At breakfast you have way, way more options than you'd think. Yes, it's true that regular cereals, toast, most cooked breakfast ingredients, coffee, regular teas, jams, milk etc are out...and yes, that sounds like practically all breakfast options, but stick with me. There are an abundance of options!

Instead of Regular Cereals

You can make a cold cereal using all of the non-gluten 'grains and cereals'. Oats are actually 99% gluten free so are fine (unless you're a very sensitive coeliac in which case buy gluten free oats. Oats by their nature are gluten free, but they're often made on a mill that mills gluten containing grains, so can contain traces of gluten). You can also use buckwheat, amaranth, chia, quinoa and so on to make

cereals, granolas and so on.

And of course you can use coconut, almond, soy, rice or other non dairy milk to have with your alkaline cereal.

Hot Cereals/Porridge

You can make a porridge type breakfast with oats, quinoa, chia, buckwheat and so on. I have found that cooking oats in water and then adding a little milk at the end gives almost all of the creaminess of cooking in milk, but with about a 10th of the milk used. This is a great transition to using non-dairy milk.

Sprouted & Gluten Free Breads for Toast

Sprouted grains don't contain gluten, so you can use these with wild abandon and top with delicious things like avocado, tomato, spinach, rocket and olive oil (my favourite combination). Glutenfree breads can often contain so many artificial ingredients that they're worse than regular bread - so try to find one from a reputable healthy brand that contains as few artificial ingredients as possible.

Cooked Breakfast

You can replace scrambled eggs with scrambled tofu, cook beans (kidney/navy/garbanzo/canneli etc), wilt spinach, cook tomatoes etc - just like a normal cooked breakfast but alkaline and delicious.

Juices & Smoothies

A juice is unlikely to fill most people until lunch, so I recommend having fresh green juices as a part of your breakfast. A well made smoothie containing fibre, protein and healthy oils CAN fill you for

hours and is a great start to the day. There are excellent smoothie and juice recipes in your 7-Day Alkaline meal plan, but feel free to experiment away!

I find smoothies can go in one of two directions:

- Green: avocado, cucumber, spinach, lettuce as the base
- Creamy: coconut milk, nuts, cacao, coconut yoghurt etc as the base

Both are great and you can experiment with both and mix it up as much as you like!

Lunch

The classic alkaline lunches would include:

- Alkaline salad wraps made with either a sprouted/gluten free wrap or using a lettuce leaf as the 'wrap' filled with leaves, veggies, hummus or other dip, seeds, avocado and more
- Alkaline raw soups
- Salads
- Stuff on quinoa where you basically cook a base of quinoa and top it with whatever you have in the fridge!

Quite often, and as you'll see in the meal plan, I will think ahead and make more of the dinner than I need and have this for lunch the next day. Simple I know but it's surprising how few people actually think (or remember) to do this.

Dinner

This is where you can experiment even more. For me dinner is all about taking your meals that you already know and love and simply doing a few simple swaps or tweaks to make them more alkaline.

Here are a few swaps that can make a big difference:

Frying Foods

Instead of frying in canola, vegetable or other oils, try steam frying. This is where you heat a small amount of water or stock in a pan and 'fast-steam fry' the food in that stock. For stir frying this can be just as effective and just as tasty. You can then drizzle with sesame or flax oil after it is cooked to still get the texture and flavour of the oil.

Pastas & Rice

It's super easy to swap your white foods for healthier, more alkaline varieties. For rice you can go with brown or wild rice, or better still quinoa. You can also swap couscous (which is wheat) for quinoa. Quinoa is actually not even a grain - it is a grass, so contains no gluten but instead lots of protein and fibre.

Oils & Fats

All oils spoil under lots of light, heat or air, so it is hard to cook with oils and still keep the meal healthy. Unless...you use coconut oil.

Coconut oil is the only oil that will not spoil with heat or light so you can happily cook with coconut oil and the oil is still healthy. I like to use as little oil as possible in cooking and instead drizzle everything with flax oil afterwards! You get loads of healthy omega 3's (that' will NOT make you fat - it's physically impossible!).

Milk & Dairy

Milk and dairy is best avoided on the alkaline diet. It is very acid forming. Instead of milk in meals I happily use non-dairy milks (nut milks, coconut milks, soy milk etc). And there are so many delicious non-dairy ice-creams and yoghurts to choose from now.

Perhaps the healthiest is coconut yoghurt and ice-cream which is literally just coconut milk, coconut cream and a vegan-friendly thickening agent (usually agar-agar).

With non-dairy milks such as soy milk (often referred to these days as 'Mylk', which I'm not particularly fond of - makes it sound fadlike to me) please read the ingredients first. Look for unsweetened varieties that have as few ingredients as possible. Avoid any with malts or with hydrolysed ingredients or 'isolate' ingredients as these contain MSG. I know, who'd have thought - in supposed 'health products'!

Condiments

Ketchup, mayonnaise, mustard, salsa, dipping sauce, hoi-sin, black bean, sweet and sour and other Asian sauces, horseradish, mint sauce...all of these processed condiments can be easily made at home and all contain chemicals, additives, preservatives, often MSG, loads of sugar and refined salts, trans fats and more.

It is by far the best option to make your own sauces and dressings (see next chapter).

Breads & Wraps

Start by saying goodbye to white bread goods. As a start you can easily swap to brown variants, then gluten-free variants and ideally sprouted breads. Sproute breads and wraps (available at most health food stores and online - although more so online in the USA than the UK, Europe or Australia/NZ) are breads that

are made from sprouted grains and seeds. Because they're made from the grain once sprouted they contain no gluten and are SO MUCH more alkaline and good for you than normal yeasty, gluten-y, additive filled shop-bought breads.

If you're going to stick with traditional bread, try to get as close to nature as possible by buying it from an independent baker who actually knows exactly what went in and wants to keep it as additive-free as possible.

It's all about the hierarchy of going from worst to better to best again. A wrap is better than a sandwich, a brown wrap is better than a white wrap, a gluten-free wrap is better than a wrap with gluten, a sprouted grain wrap is better than a normal wrap etc. And of course, with wraps you can always swap the bread for a big lettuce leaf to make lettuce wraps too!

Sauces & Dressings

As you know, I am all about making it as easy and enjoyable as possible to get to your health goals. It's not about cheating or cutting corners, it's about being efficient, and one of the most efficient ways to eat alkaline is through sauces and dressings.

Not only does a good alkaline sauce make other vegetables and alkaline foods taste amazing, but it also is a fantastic source of concentrated, raw alkaline super nutrients in iteself.

Picture this...

You've made an alkaline tomato sauce by blending together a heap of tomatoes, garlic, red onion, basil, some spinach, red bell pepper, a bit of cucumber and some salt & pepper. Yum, for a start. Now consider that this sauce is raw, 100% alkaline and 100% full of an abundance of vitamins, minerals, chlorophyll, antioxidants

and more. And it tastes amazing.

Add this on top of alkaline veggies or a salad and you have just super-charged your meal even more. BUT, this is a fully alkaline, delicious sauce you could use as a pasta sauce, in a chilli con carne (or non-carne!), or to add flavour to ANY meal - alkaline or not. Can you see where I'm going here?

You could have your completely usual, normal (standard) meal, and by adding this sauce you've added a huge amount of alkaline nutrition to the plate (and replaced an unhealthy, chemical, sugar and MSG laden shop bought sauce too!).

It could be used instead of shop bought spaghetti sauce. It could be used with tacos or fajitas. It could be used with an oven baked meal, or kids fish fingers even!

Sauces, dressings and even dips are a great way to get extra alkalinity into your diet, but also into your family too!

Think about salad dressings...

Instead of super-acid dressings you get from the shop (i.e. practically all manufactured dressings) you can make a dressing by whizzing together flax oil, olive oil, garlic, avocado and lemon and make a creamy dressing that will give you a daily hit of omega 3! Even just using flax oil and lemon on your salads will give you about half of your daily omega 3 needs.

Making your own sauces and dressings is so easy. It's easy to experiment and it's easy to use the foods you love. All you need is a base (tomatoes are great, but for a thinner one you can add cucumber too) and then your favourite flavours. I love to throw a load of herbs in mine (basil in tomato based sauces and coriander

for more of an Asian twang).

Indeed, why not blend coriander, basil, garlic, olive oil, sesame oil and lots of lime for an amazing dressing to go on Asian dishes and especially fish.

You can hopefully see how easy it is to swap shop-bought sauces and dressings for home made and how this not only gets rid of the crap that's in those manufactured sauces but provides you with up to 4-5 serves of fresh vegetables just in your sauce!

One of my favourite quick dishes is to grill some vegetables, serve on a bed of quinoa, chopped spinach and avocado, drizzled with flax oil and then topped with a fresh tomato sauce like the one I mentioned above (just chucking the ingredients in the blender there is no hard and fast recipe for this one!).

It makes life easy.

Make Alkaline Sauces a Part of Your Life and THRIVE!

As I mentioned one of the best things about alkaline dressings and sauces is that they allow you to transition much more easily. You can continue eating your regular meals you'd normally eat – but make them sneakily more alkaline.

The mistake most people make is that they think "Hey I'm going to go alkaline. Now, what can I eat – let's start from scratch".

This makes it very hard. A much easier approach is to take your existing meals and think of ways to make them more alkaline and less acid forming.

Take Spaghetti Bolognese as a great example:

Traditionally this is:

- white spaghetti
- mince
- tomato sauce (usually shop bought)
- onion and garlic

Why not swap the white pasta for wholemeal or spelt pasta. You can still serve the mince to your non-alkaline eaters, but make your serve a little smaller.

Make a FAST simple tomato sauce (raw, but warmed) by quickly throwing tomatoes, garlic, red onion, cucumber, capsicum (pepper), tomato paste, spinach and basil in a blender

This way you're getting around 3-4 serves of fresh, raw (but warm – warm is still raw), alkaline, nourishing veggies with your meal. And you can still have a little of the mince if you have to. And the pasta is now not the white stuff that's going to mess with your digestion, mess with your blood sugar and fill you with gluten.

Easy right? So, with every meal, think:

Could I dress this with something alkaline? Could I swap something acidic for something alkaline (or just something less acidic? Could I make my own, quick alkaline sauce?

Thinking this through will make it SO much easier to get the goodness in with NO extra effort, no giving everything up, no cravings and feelings that you're being deprived of your favourite foods - and NO stress!

Equipment to Get Started on the Alkaline Diet

You don't need to spend a ton of money to start getting alkaline. In fact you don't need to spend any money on equipment at all to get started...but there are a few items I recommend that will help a lot.

With all of these, you don't need to spend a fortune, and you can start with a budget option and save up for a more expensive option later too. But these are my core items I use (almost all, almost) daily:

Juicer

Having a juicer you love will change your life. I really do recommend everyone get a juicer. Perhaps even more than a blender (although both is best). Again, you don't have to spend a fortune, you can get started with a \$50 juicer from Kmart (or Argos, or Aldi you get the picture).

The two options with juicers are pretty much either:

a) a cheap one that is a loud, whizzy, spinning, shredding juicer that makes a lot of noise when you juice. This is a centrifugal juicer. They're cheaper, but they do have a few downsides. They are harder to clean, they don't extract as much juice and they destroy more of the nutrients in the juicing process.

But they are a lot cheaper. They're loud so they're not always handy if you're up early juicing before the rest of the household wakes up.

b) a more expensive 'masticating' juicer. These are the ones with a crushing, pulping, squeezing device that slowly squashes the juice out.

Brands I like are Hurom and Kuvings and you'll be spending between \$180-\$300 USD for one of these juicers. BUT they will last as long as 5 of the cheaper juicers so over time it's cheaper! These extract a LOT more juice from the vegetables too so are more economical on your ingredient budget. And they're a lot easier to clean.

The masticating slow juicers are clearly the best option, but don't let the price stop you from juicing. If you can't afford one of these now, get a cheaper one until you can. Just. Get. Juicing.

Blender

While the juices are there to make juice, the blenders are there to make smoothies and soups - and if you have a good blender they are also there to make raw desserts too.

Again there are cheaper and more expensive options:

- a) a cheap one will make smoothies and soups it will happily blend veggies. BUT
- b) a more expensive one (I like the Vitamix more than any other, but the NutriBullet is a good mid-range quality blender) will also blend nuts, seeds and all manner of 'healthy dessert' ingredients (dates, shredded coconut, tahini, almond butter etc) without burning out or getting stuck.

The more expensive blenders will also handle hot foods without

it quickly melting and degrading the rubber parts. On a cheaper blender it won't be long before it starts leaking if you use hot foods in it.

I LOVE my Vitamix because I love blending up nuts and seeds and all of those delicious alkaline, raw, healthy desserts. I also love putting nuts and seeds into my smoothies, and it's GREAT for making the sauces I talked about in the previous section.

BUT it's not cheap. So again, don't let this stop you from getting a cheaper one to make the soups and smoothies which are an essential part of getting alkaline and healthy.

Filter/Ionizer

How to make alkaline, healthy water. Another guide in itself! If you're an Alkaline Base Camp member, you can grab the Definitive Guide to Alkaline Water in the 'Core Guides' section in your members portal.

If not, then for now I recommend not complicating things. I personally use a Chanson Ionizer which gives you alkaline, anti-oxidant rich, anti-inflammatory, structured, hydrogen-infused, filtered water. And this is ideal. It's perfect.

But if you're not ready to make that leap yet (and email me if you do want more info on it as I am able to get highly preferential pricing) then just focus on filtering for now.

Get a good quality filter, even if it's just a bench top portable jug for now, as these are able to remove a lot of bacteria, chlorine and some metals.

Spiralizer

This is a huge time-saver. I love making raw 'noodles' from zucchini (courgette), carrots, beetroot, sweet potato and more. Not only to replace noodles in stir fry dishes and pastas, but also to add a different texture to salads.

Of course you can 'zoodle' manually (I use a vegetable peeler to make thin slices of the vegetable - a carrot for instance - and then use a sharp knife to cut those strips into little strips to make the zoodle.

So implements such as this:



...make life a LOT easier, faster and more fun.

You can pick up any number of different varieties of these types of tools for all price ranges. Mine cost me \$5 from a market in Brisbane and it works great, and I've also had ones that cost \$50 and were rubbish. You just have to shop around and use amazon for their reviews.

Dark Glass Bottles

This is a simple one – and it's to make your own flavoured oils for simple salads.

You'll love having these to action the Powerhouse Action #2 below. If you have these dark glass bottles the oils will keep for MUCH longer – as light, heat and air are what damages oils.

So having a dark bottle will protect from light, having a top on the bottle will protect from air and keeping it in the fridge...you get the picture.

Simple blends include mixing flax or olive (or a combo) with basil, garlic, rosemary & thyme, lemon, lemon & thyme, chilli, mint, or any mix of those!

The Core Basic Supplements

This is another area where people can get stuck and feel like they need to spend a fortune to even get started. And it's easy to do - there are SO many fantastic looking supplements out there - but the reality is that while they're often great, they're also often not critical.

Again, I'm going back to my 80/20 rule here of doing the 20% of stuff that gives 80% of the benefit.

So here are my core supplement recommendations:

1) Greens



Get a good powdered green blend - a combination of vegetables and grasses such as wheatgrass and barley grass (note wheatgrass doesn't contain gluten). I tend to avoid spirulina and chlorella as these are algae which are acidic by nature. The jury is out, but it's easy to get greens that don't contain these two algae so why risk it.

Try to find organic and GMO-free of course.

You don't have to be too worried about the spirulina etc if you don't want to.

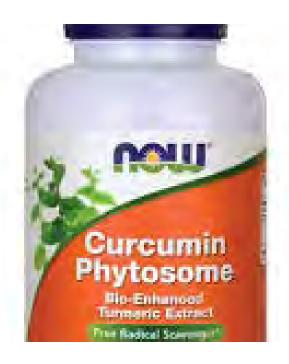
Brands I've used and enjoyed include pH Miracle Greens, Mega Greens & Organifi

2) Oils



You NEED to be consuming healthy oils on a daily basis and so supplements provide a good safety net. Aim to get a dessert spoon of coconut oil and three dessert spoons of omega 3 per day.

3) Turmeric



Turmeric is such a powerful anti-inflammatory and for 90% of people this is a great daily addition.

Turmeric supplements are often advertised as curcurmin which is the active compound in turmeric that has the anti-inflammatory properties. If you are on high dose blood pressure medication just check with your physician before taking curcumin.

I like to take it in the format curcumin phytosome as this has been shown to be the most bioavailable.

4) Minerals



Alkaline minerals including sodium, magnesium, calcium, potassium, manganese, iron and more are all critical. I find a lot of people get a huge benefit from taking these as a supplement each day - especially in the bicarbonate form (for sodium, magnesium, potassium and calcium).

There are two great products that give you this: pH Miracle's pHour Salts and the product Tri-Salts (which can be found on iherb.com).

Optional: a decent multi-vitamin & mineral as a safety net.

Again, you don't have to go crazy with supplements and there are products that are good for specific symptoms such as candida, reflux, IBS etc. But these four are my core that I use daily.



How to Test Your pH

When you're first starting on the alkaline diet there are two pieces of information that are absolutely critical to your success:

- 1. Where you are NOW
- 2. Whether what you're doing is working

The easiest, most convenient and affordable way of tracking your progress with the alkaline diet is to do a simple, at-home test of your pH using your saliva and urine.

Doing a regular (I recommend daily for at least a month) pH test is absolutely fantastic because it allows you to REALLY take control of your health, track your progress and you can visibly see, on a daily basis how your food choices affect your body.

It is HIGHLY motivating!

How To Do the pH Test At Home

I first wrote a quick little pH testing guide about this back in 2005 and I have found myself constantly referencing it over the years. But since I wrote that (a whopping great EIGHT years ago now!) I have developed a much more foolproof, accurate and effective way of testing your pH.

Getting this information is a LOT easier than most people think, can be done at home on a daily basis and costs just pennies (or cents!). [Get the most accurate pH Strips (and cost effective) here]

But if you get it wrong...

An Inaccurate Test Is Worse Than...

Getting the wrong, or misleading, information is worse than no information at all. If you're trying to get alkaline and are making mistakes, but your tests are inaccurately showing you're getting more alkaline – then you'll keep on making those mistakes forever.

Or worse, you'll step it up a notch to further increase your pH and be going even faster in the wrong direction.

People get this test wrong all of the time.

They buy their pH strips, and think it's as simple as peeing on it.

While it is simple, it's not that simple.

Just today I spoke to a client who was rinsing their mouth with water before testing.

Sounds good, right? Nope.

This would at best give him his salivary gland's instant reaction to the tap water, and at worst (and most likely) he simply got a read of the tap water.

The Definitive Guide to Testing Your pH

Testing your saliva and urine pH is a great, cheap and easy way to measure your progress – but it has to be done right!

Random testing throughout the day will only give you a measure of

what you just ate or drank – it won't tell you how you're doing. To get an accurate test, follow these steps for my Ultimate Guide to pH Testing!

3 Steps to Testing Your pH

Step One: The Sunrise Saliva Test

As soon as you wake up, before anything else, test your pH of your saliva. Note the pH (colour and number on your pH strip) and write it down.

Important: do this before you put anything else in your mouth! Don't clean your teeth, drink, eat or anything else.

Step Two: The Upon-Rising-Urine Test

Now it's time to test your urine and it's important this is your first pee of the day. This is the measure of your body's hard overnight work.

Again, note the colour and number on the pH strip and write it down.

Step Three: The Post-Hydration Test

Next you want to test your 2nd urine of the day. Do this before eating any food if possible. This will give you a different measure to the first urine. Note the colour and number.

Step Four: Repeat this Daily for 30 Days

pH testing with strips/sticks does not give any meaningful result in

isolation, as a one-off test. To get true, measurable and meaningful results you need to track changes over time.

Commit to testing every day or every other day for 30+ days and track your movements over time. Remember, getting and staying healthy is something for the long-term, not a quick fix!

How to Interpret Your Results

Step One Result: The saliva tells us how effective your body is at dealing with the acidic foods you may have eaten the day and night before, and the overall ability of the body to respond to your lifestyle. It shows us how well the salivary glands (as well as the stomach, pancreas, gallbladder and liver are performing in dealing with excess acidity from diet.

GOAL pH: you want this pH to be at least 7.0 and ideally above pH 7.2

Step Two Result: The first urine of the day is the pee that has been stored in your bladder overnight and is a track record of the stored alkaline buffers you have that have been working while you sleep to neutralise the acids you've consumed and that your body has created overnight through bodily functions (such as metabolism).

GOAL pH: Your first urine should be at or above pH 7.0

If you are below pH 7.0 then you are low in alkaline buffers and need to follow some of the steps below.

If you are at pH 7.2 or above then you are doing great – you have the alkaline buffers needed to neutralise any acidity in your diet and lifestyle.

<u>Step Three Result:</u> now that the first urine has washed through the stored, overnight urine that contained the results of your overnight acidity/buffering, your second urine should show an improvement on the first.

If it doesn't you're definitely needing to follow the steps below!

GOAL pH: Your second urine should definitely be higher than pH 7.2

If the pH is lower than 7.2 then you are in overly acidic. This is what Robert Young (pH Miracle) refers to as "a state of latent tissue acidosis". It means you are deficient in alkaline minerals such as sodium, potassium, magnesium and calcium (the four minerals that all alkaline foods have in abundance).

This can also suggest your diet is too high in protein, especially animal proteins, which lead to an increase in acids including nitric, sufuric, phosphoric and uric acid.

REMEMBER: Testing the pH level of your saliva or urine is only going to give you a general trend. Unfortunately, there is no way of determining the EXACT pH level of the blood without undergoing a live blood analysis. However, they can give a good indication — so test, test and take the average and then follow this trend over time noticing the difference any changes in your diet can make.





Energy-Doubling Breakfast Smoothie



Ingredients

- 1/2 a ripe avocado
- 2 handfuls of spinach
- 1 handful of kale
- ½ cucumber
- 200ml almond milk
- 3 tbsp coconut oil
- 50g soaked almonds
- 25g soaked cashews
- 1 tbsp sunflower seeds
- 1 tbsp chia seeds

Live Energized

Preparation Time: xx minutes

Serves: 4

Instructions

- 1. If you are reading this a few hours (at least) before you're going to make this energy-booster, start by soaking your almonds and cashews for at least an hour or so, preferably overnight. If you want to make it now, try to soak them for at least 20 minutes!
- 2. Start the blending with the avocado, liquids and cucumber
- 3. Next add the oil and the leaves
- 4. Finally add the soaked nuts, the seeds and blend at a high speed until smooth

Chai-Infused Quinoa Porridge



Ingredients

- 1 cup of dry quinoa (pref organic)
- 2 cups of water (pref alkaline)
- 1 stick of cinnamon (or 1/2 teaspoon)
- 1 1/2 teaspoons ground ginger or 1 inch piece of fresh root ginger finely grated
- 1/2 teaspoon ground nutmeg (pref fresh grated)
- 1/2 cup of coconut cream or milk (depending on how creamy you want it)
- 1/2 lemon skin grated (or lime)
- 1 vanilla bean pod or vanilla essence Sprinkle (half a handful) of assorted nuts and seeds to your liking

Optional: coconut yoghurt Optional: cloves, ground

Optional: 1 grated apple (if transitioning)

Live Energized

Preparation Time: 15 minutes

Serves: 2

Instructions

First prepare the quinoa to the packet instructions OR follow the excellent advice on cooking light fluffy quinoa here at TheKitchn

Once the quinoa is cooked and drained, add it back to the saucepan and stir in the chai spices (cinnamon, ginger, nutmeg and cloves if you've done them in a pestle and mortar) and add the coconut cream or milk and throw in the scraped out vanilla pod (or add the drop or two of vanilla essence).

You can pick either the milk or cream depending on how creamy and thick you want it.

When it's ready, grate in the apple if you're using it – right at the end.

Warm through and then serve in a big bowl. To serve, add the lemon rind grated onto the top and sprinkle with extra ground cinnamon. Finally throw on the seeds and nuts (I recommend sesame seeds with this especially).

As an indulgent extra, you can also serve with a dollop of coconut yoghurt, which is alkaline and JUST DELICIOUS!

Eat while it's hot!

Baked Bean Salsa Brekkie



Ingredients

- 1 can of haricot beans (pref. organic)
- 4 spring onions
- 6 cherry tomatoes
- 1 handful of basil
- · 2 handfuls of spinach
- 2 cloves of garlic
- 1 avocado
- ½ lemon
- Olive oil
- Himalayan salt & black pepper

Live Energized

Preparation Time: 15 mins

Serves: 2

Instructions

Roughly chop the spring onions, halve the cherry tomatoes, and finely chop the garlic. Now, in a reasonably sized frying pan, bring a little water to the boil (maybe 50ml or less) and 'steam fry' the garlic for one minute. Now throw in the cherry tomatoes, haricot beans and spring onions until everything softens.

Next add the basil and spinach until it is wilted and season with Himalayan salt and black pepper.

While this is cooking prepare a side salad and halve the avocado and voila.

Serve the bean salsa mix with salad and the halved avocado, with lemon and olive oil drizzled all over.



Kale Slaw & Creamy Dressing



Ingredients

- 1 bunch Tuscan, Cavalo Nero or Curly kale, thick stems removed and leaves thinly sliced
- 4 cups shredded red cabbage (about 1 small head), quartered and cored)
- 1 small red onion, thinly sliced
- 1 large red bell pepper (capsicum), cored, seeded and thinly sliced
- 1/3 cup sunflower seeds
- ½ bunch of coriander, roughly chopped
- ¼ cup sesame seeds
- 1 inch piece of root ginger, sliced thinly

Live Energized

Preparation Time: 15 minutes

Serves: 2

For the dressing:

- 1 cup of raw cashews, soaked overnight
- 1 cup of vegetable stock
- 1 clove of garlic
- Start by shredding the kale and red cabbage and place this into a large salad bowl
- Next add the thinly sliced onion, bell pepper, coriander, seeds and the ginger
- Toss these ingredients
- Next, make the cashew dressing by blending these ingredients together on high until smooth. You can either add the stock warm to make a warm dressing, or allow it to cool first. Note: if you have a powerful blender you will not need to soak the cashews overnight.
- Add more stock or more cashews to get your desired consistency.
- Stir the dressing through the slaw and serve!

Anti-Inflammatory Soup



Ingredients

- 200g Pumpkin, roughly chopped
- 4 Carrots, roughly chopped
- 1 Sweet Red Potato, roughly chopped
- 4 Tomatoes, roughly chopped
- 3 Cloves Garlic
- 1tsp Mustard Seeds
- 1 Red Onion
- 300ml Vegetable Stock
- 200ml Coconut Cream
- 1 Handful of Fresh Coriander (Cilantro), roughly chopped
- 1 Inch Fresh Turmeric Root
- 1 Inch Fresh Ginger Root
- 1/2 Red Pepper (Capsicum/Bell Pepper)
- 1 Cup of Lentils
- Coconut Oil

Live Energized

Preparation Time: xx minutes

Serves: 4

Instructions

- 1. Start by chopping the red onion, garlic, ginger (peeled) and turmeric (peeled) roughly.
- Gently heat a little coconut oil in a pan and very gently get the onion started, and once it's cooking a little, add the turmeric, ginger, mustard seeds and garlic – being careful not to burn the garlic.
- 3. Now add the root veggies (carrot, pumpkin, sweet potato), the red pepper and the tomatoes and stir it all around to coat the veggies in the oil and flavours (you should be able to smell that delicious turmeric now)
- 4. Add the stock and then add the lentils. If you're using dried lentils, you will need to add an extra 50ml of stock to allow for an additional 10 mins cooking time, but if you're using tinned lentils (please buy organic), add them now and move onto the next step.
- 5. Turn the heat down to simmer and let all of the veggies soften and the lentils cook.
- 6. Once everything has softened, add the coconut cream and chopped cilantro (coriander) and then transfer to a blender and blend until smooth
- 7. This will stay nice and warm for about an hour in the blender jug, but if you want, you can return to the pan to keep warm
- 8. To make the optional topping (which I've found really nice and a delicious extra texture to the soup), simply roughly smash up the cashews on a chopping board under a knife, and cook with the pumpkin seeds in a little coconut oil with the minced garlic until it's warmed through and a little browned.
- Serve the soup in bowls with a sprig of cilantro, a drizzle of coconut cream and the cashew topping (with optional chilli) and LOVE it

Cool Summer Salad



Ingredients

- A little box/punnet of cherry tomatoes (or about 15)
- 1 serve as per your pack instructions of quinoa (about 1/2 a cup dry I estimate)
- 1 carrot
- 1 avocado
- 1 beetroot
- A handful of baby peas
- · A handful of basil
- A good pinch of sage leaves
- · A pinch of healthy salt (Celtic, Himalayan etc)
- A pinch of black pepper
- A dressing of olive oil with lemon juice mix to suit your taste

Live Energized

Preparation Time: xx minutes

Serves: 2

Instructions

Firstly, get the quinoa cooked and out of the way. The rough guide is to mix one part quinoa to five parts water, so do this (unless you pack says otherwise), bring to a boil and then simmer super-gently until the water has absorbed.

Next, you have two options with the beetroot and carrot. If you have a Spiral Slicer use this to make carrot and beetroot spirals, but if not then you will want to grate them with a standard cheese grater into a bowl. Once grated, press with some kitchen roll/towel to get rid of some of the excess moisture.

While you're spiralising or grating have the baby peas steaming gently for a few minutes to cook through and then put aside.

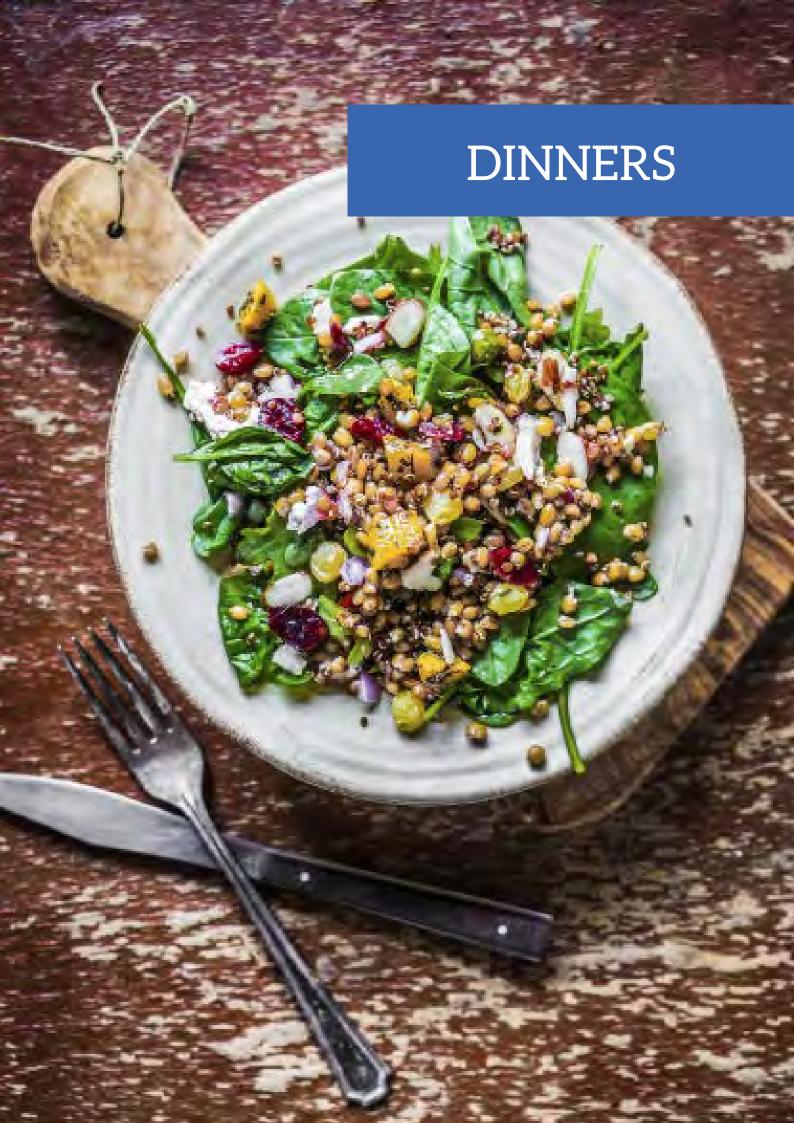
Slice or dice your avocado as you like and then mix all of this into a large bowl with the herbs (which you can roughly chop or rip) and set it all aside while you sort out yer' tomatoes!

Now, you're going to be grilling the tomatoes (surprise!) so chop them in half and drizzle with olive oil and place under the grill for about 5 minutes until they start to just blacken and are warmed.

With the tomatoes done you can mix it all up into a big bowl and dress with the olive oil and lemon juice.

There you have it – colorful, nutrition-ful and flavourful!

Optional extra: you can add some fresh chilli, thinly sliced to spice it up if you want! I do!



Raw Pad Thai



Ingredients

- 3 medium courgettes (zucchini)
- 3 large carrots
- 2 spring onions, chopped (also known as green onions, scallions)
- 1 cup shredded red cabbage
- ½ packet of beansprouts
- 1 cup cauliflower florets
- 1 bunch of fresh coriander/cilantro, chopped roughly

Sauce

- ¼ cup tahini
- ¼ cup almond butter
- ¼ cup tamari
- 1 tsp coconut sugar
- · 2 tbsp lime or lemon juice
- · 1 clove garlic, minced
- 1 inch of ginger root, grated

Live Energized

Preparation Time: 15 minutes

Serves: 2

Instructions

- First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.
- Put these into a large bowl with the spring onions, shredded cabbage, beansprouts (thoroughly washed), cauliflower and coriander.
- Now prepare the sauce by blending the tahini, almond butter, tamari, coconut sugar, lime/lemon juice, garlic and grated ginger.

 Add a little water if needed this is a very thick sauce.
- Finally, mix the sauce into the bowl and get everything evenly coated.
- 5 Serve with a sprig of coriander and an extra little squeeze of lemon or lime!

Alkaline Thai Green Curry



Ingredients

- 2 spring onions
- Broccoli
- 1/4 cauliflower
- 1 carrot sliced
- 125ml coconut milk
- · Handful of coriander
- Large finger of ginger
- 1 stick of lemongrass
- 1-2 chillies
- 2 limes
- Asian greens (bok choi etc)
- 1 teaspoon of green curry paste
- Cubes of firm tofu (optional)
- Soba noodles or brown rice.

Live Energized

Preparation Time: 40 minutes

Serves: 2

Instructions

- Juice the lime, slice and bash the lemongrass, slice the ginger and roughly chop the coriander.

 Mix together and allow to infuse.
- Next thinly slice the spring onion and carrot, cut the broccoli and cauliflower and steam fry along with the Asian greens and tofu if desired.
- Once steamed (five mins) add the infused chilli, lime and lemongrass, coconut milk and paste.
- 4 Gently simmer for five minutes and serve either alone or with soba noodles or brown ice.
- Optional: grate the lime before juicing and use as a garnish when serving.

Tuscan Bean Soup



Ingredients

- 2 Tbs (30mL) olive oil
- 1 medium onion, chopped
- · 2 stalks celery, chopped
- · 4 cloves garlic, chopped
- 3 cups (680g) chopped tomatoes
- 6 cups (900g) tinned cannelini beans
- 5 cups (1.25L) water
- 1/2 tsp (3g) Himalayan Salt
- Freshly ground pepper, to taste
- 1 cup (75g) spelt pasta shells, or other small pasta shape
- 1/4 cup (9g) fresh basil leaves, coarsely chopped

Live Energized

Preparation Time: 35 minutes

Serves: 6

Instructions

Firstly, you need to steam fry the onions, celery, and garlic until tender. Do this in a few spoons of water in a large pan. Once it is all nice and tender you can add the chopped tomatoes (juice n' all) and warm this over a medium to low heat, breaking up the tomatoes so that it is all chunked down in nice small chunks. Cook this all together for about fifteen to twenty minutes.

Now you can add the lovely creamytextured cannelini beans, the water, salt, pepper and cook over a mediumlow heat for another twenty minutes. Once the beans are soft you're good. Now you can add the spelt pasta and cook for another ten minutes until it is al dente.

Once the soup has cooled a little bit, stir in the olive oil and add the basil leaves.



Crispy Cauliflower 'Buffalo Wings'



Ingredients

- 1 head of cauliflower, chopped or snapped down into bite-sized pieces
- 1 cup of chickpea (garbanzo) flour
- 1 cup of water
- 1 tsp of garlic powder
- 1/2 teaspoon of Himalayan salt (finely ground)

Live Energized

Preparation Time: 45 minutes

Serves: 4

Instructions

Firstly, get the oven heated to 230 degrees (450f).

Now in a bowl, mix together the flour, water, garlic powder and salt and whisk this until it is like a smooth batter.

Toss through the cauliflower and then bake for around 15-20 minutes, giving a shuffle around half way through.

If you're making your own barbeque sauce as per the ingredients above, this is what you'll do while the cauliflower is cooking:

Warm the coconut oil in a pan over low heat and then add the onion, garlic, coriander, cumin, allspice and cayenne.

Cook these together for about four to five minutes and then add the lemon iuice.

After another minute or so add the tomato sauce, mustard and Worcestershire sauce and 250ml of water.

Turn up the heat to a medium level and season with fresh Himalayan salt and black pepper and once it's almost boiling, reduce the heat again and simmer for 10-15 minutes.

Once it has thickened, allow it to cool a little and then blend smooth.

Coconut Energy Balls





Preparation Time: 10 minutes

Serves: 16 balls

Ingredients

- 1/4 cup cold pressed coconut oil, room temperature
- 1/4 cup organic maple syrup
- 1/3 cup organic cacao or pure cocoa powder
- Pinch of sea salt
- 1 cup raw pecans or walnuts, soaked and dehydrated
- 2/3 cup organic shredded unsweetened coconut

Instructions

- In a bowl, mix together the coconut oil, maple syrup and cacao powder. Stir and press the oil until thoroughly blended.
- Toss the remaining ingredients in and stir together.
- Layout a sheet of wax paper on a plate.
- Then, with your hands, form mixture into 3/4-inch round balls.
- Freeze each plateful of balls for 15 minutes.
- To preserve them nicely keep them refrigerated.

Alkaline Home-Baked Pumpkin Bread



Ingredients

- 1 small pumpkin
- 300g gluten-free flour
- 2 tsp baking powder
- 1 tsp of Italian seasoning
- 2 tbsp of oil (udo's choice, hemp oil, flax oil etc)
- 50-75ml of water

Live Energized

Preparation Time: 30 minutes

Serves: 2

Instructions

- First and foremost, the oven must be preheated to 200C (or gas mark 6). Once this has preheated, put the entire pumpkin onto a baking tray and bake for at least 40-50 minutes or until the pumpkin has become quite soft.
- 2 Cool the pumpkin (still on the tray) for at least half and hour.
- Remove the skin from the pumpkin, cut out the stalk and remove the seeds. Mash the pumpkin well, and then stir in the remaining ingredients.
- Next, put the pumpkin onto a floured surface and knead until the mixture becomes sponge-like. If it feels too sticky, add a little more water.
- Shape the mixture into a circular loaf shape and place on a lightly oiled baking tray. Make a pattern in the top of the loaf such as a cross.

Bake for 30-40 minutes or until done (you can tell by tapping the base of the loaf - if it sounds hollow, it is ready).

Ross' Alkaline Diet FAQ

I am sure that a lot of your questions about the alkaline approach to health, and my approach to the alkaline diet(!) have been answered already from reading through this guide...

Questions like, which are the most alkaline and acidic foods, why are the food charts all seemingly so different and so on...

But there are several common questions that can often stop people in their tracks. And in my almost 15 years of coaching, writing and teaching - confusion creates inaction. When people get confused they stop believing they can do it.

So in this section I want to answer as many of the super-common questions that come up.

I can't answer every question here. In my Alkaline Base Camp coaching group I run a monthly Q&A call with my members and different questions come up every single month - we rarely have the same question twice!

But in my experience, these are some of the most common alkaline diet FAQS:

But My Doctor Says the Alkaline Diet is Rubbish Because You Can't Change Your pH / Why Eat/Drink Alkaline When the Stomach Is Acid?

While we've touched on this above, I wanted to break out this question as it's a question that not only one that a lot of people have when they're first starting out, but it's also a question that you will likely have to answer when some skeptical (usually unhealthy) critic starts to give you a hard time.

So let's put them in their place!

It's NOT ABOUT CHANGING YOUR PH!

99 out of 100 articles from doctors, mainstream 'health experts' and the media say the alkaline diet is not valid because you can't change the body's pH. They say that the body has an intricate system in place to always maintain your pH level – no matter what you eat.

This is 100% true.

This is not the aim of the alkaline diet. You are not trying to make your pH more alkaline.

The entire focus of the alkaline diet is to give your body the nourishment and tools it needs to MAINTAIN that pH.

Whenever I read an article about the alkaline diet online or in the print media and they start with that premise, you know you might as well ignore the rest of the piece.

If folks like me who believe in living alkaline DID think we were trying to make our body pH 8 or 9 then we would be nuts. And we'd be dead. Incredible stress occurs in the body when our body has to constantly take the action needed to maintain our pH.

This is the basis of chronic disease and the myriad health challenges most people face. It causes inflammation, immune imbalance, yeast and candida overgrowth, digestive damage, weakened bones, premature aging, cell death and so much more.

The sooner the media understood that the alkaline diet is about eating the foods that will support your body, and eliminating the foods that stress the body (it's as simple as that), the better.

Just look at the foods that have an alkaline-forming effect on the body: fresh veggies, salads, low sugar fruits, fresh foods, natural foods, nuts, seeds, healthy oils and so on...

And then the foods that are acid-forming: cola, sugar, pizza, beer, chips, crisps, breads and pastas, desserts, ice-cream, caffeine, pastries, processed meats, condiments, lollies, oven meals, takeaways, fast foods, junk foods, additives and so on.

It just makes sense!

If you were to ask ANY doctor, health 'expert', critic or friend if they think the following is a healthy diet, what would be their answer:

A diet that is high in vegetables, salads, healthy fats, nuts and seeds, where I stay well hydrated, exercise regularly, I don't stress, I get good sleep and I also have fun and balance and have treats from time to time too. I get plenty of protein and healthy fats and lots and lots of antioxidants, vitamins and minerals from my foods. I avoid sweets and sugar, colas and alcohol most of the time, I don't eat processed foods, refined foods, takeaways or junk foods and I don't smoke.

Do you think that would be classified as a good approach by the critics?

This is describing the alkaline diet.

But Why Eat or Drink Alkaline When the Stomach is Acidic?

"The stomach is so acidic, what is the point in eating alkaline foods?"

It's a very logical question to ask, because indeed, if everything is dropping into this big pool of acid and turning to a sludge (it's actually called chyme) then what difference does it make if a food is alkaline or acidic in the first place.

Well, actually, a lot.

Firstly let's take a step back. There are a couple of points to consider before we get into the mechanics of this early stage of digestion and the role of hydrochloric acid (HCl).

- 1) we're not talking strictly alkaline or acidic in the natural state of the food. We're talking acid or alkaline-forming. This is a key distinction with a few foods. Lemons, tomatoes, grapefruits these are all acidic in their natural state, but have an alkaline forming effect on the body. I won't go into the finer details of why now but it's basically to do with their mineral content, which overrides their citric acid content.
- 2) we have to look at this with common sense before we get into the science (and I promise not to be to science-y) the alkaline forming foods are ALL of the foods we know are good for us: plant-based, leafy greens, salads, healthy fats, nuts, seeds, herbs, spices, things like spinach, cucumber, kale, avocado, tomatoes, anti-inflammatory, antioxidant-rich foods, fresh foods. The acid-forming foods are all processed, man-made, sugary, grain-based, trans-fats, processed-fats, foods like cakes, biscuits, pizza, chips, alcohol, processed meats, fast food, convenience food, microwave meals etc.

This isn't an 'out there' way of looking at diet - it just makes sense.

So with that being said - let's look at the science of digestion so we can

fully understand exactly why pH matters at the point the food enters your mouth.

As the food you eat enters the digestive process, it begins to be prepared for digestion immediately by saliva and mucous and a handful of other enzymes in the mouth, throat and esophagus. As the food hits the esophagus, this triggers the release of gastrin in the stomach, which ultimately begins the release of hydrochloric acid (HCl) in the stomach to take the pH from the stomach's holding level of pH 5-6 down to pH 4.

At this pH 4 level the food can be broken down and any bacterias destroyed.

A common misconception here is that the stomach is a big pouch of acidity waiting for the food to drop in where it will fizz and sizzle and burn down to nothing.

This isn't the case. The stomach is very mildly acidic until we eat something, and then the volume of HCl produced will vary depending on what we eat.

And an acidic diet of sugar, grains, processed foods, excessive caffeine, animal protein, dairy, processed fats, junk foods and so on can cause your stomach to become wildly imbalanced and produce way too much acid, or way too little! And both are a big problem.

Wait, how can an eating acidic diet cause low stomach acid?!

The stomach creates HCl on demand, and the more alkaline a food is, the more stomach acid is produced - because the stomach needs to keep the pH at a strongly acidic pH 4 - so if you eat alkaline-forming foods the stomach will produce slightly more HCl to maintain that pH and not let it get too high.

Is this what we want? The stomach to make more acidity? YES!

This is a good thing. It sounds like a bad thing, but it's a good thing.

Whenever the stomach produces HCl it also produces a corresponding amount of sodium bicarbonate (NaCOH3).

So, the more acid your stomach produces the more alkalinity it produces in the form of sodium bicarbonate, which is then passed into the blood stream to help prepare the body for the next phase of digestion in the duodenum and small intestine (among other things).

In other words, eating alkaline foods ensures the stomach produces the necessary amount of alkalinity (in the form of sodium bicarbonate, as a result of increased hydrochloric acid production).

So having an acidic stomach is critical for health, critical for alkaline balance, critical for digestion - but it has to be delicately balanced, which eating alkaline forming foods ensures.

OK let's recap:

- [+] eat high-acid load foods such as excessive dairy and meat and the stomach produces chronically too little acidity, leading to low stomach acid issues
- [+] OR eat a lot of sugary foods, grains, processed foods, alcohol etc and the stomach doubles it's acid production - putting way more HCl into the system than your body can neutralise - both too much and too little stomach acid lead to a destructive imbalance
- [+] Both of these can ultimately end up putting you in a state of chronically low stomach acid if you eat foods that over-produce acidity over a prolonged period and your body is massively overproducing stomach acid the body's capacity to produce stomach acid fades and

you start to underproduce HCl

[+] BUT if you eat or drink alkaline substances (fresh foods, plant-based, healthy oils, nuts, seeds, salads, greens etc) then the stomach reacts to the increase in alkalinity from the foods being digested and produces more HCl to keep the stomach pH to between 3-4 and whenever the stomach produces HCl it also produces more NaHCO3 to balance this acidity

[+] The NaHCO3 enters into the bloodstream to alkalise the blood, neutralise acidity, perform a whole host of important roles - one of which is to help prepare the liver and pancreas as alkaline for the next stage of digestion - as the pancreas secretes bicarbonate to neutralise the acid from the stomach

So eating alkaline-forming foods gently increases HCl which increases NaHCO3 and the food is perfectly prepared to continue on it's digestive journey.

THIS is why eating alkaline is PERFECT for the acidic stomach. The stomach pH is maintained at the perfect level it needs to be to kill bacteria and break the foods down into chyme ready to pass into the duodenum and then the small intestine.

The increase of HCl to balance this state of digestion in the stomach causes the body to also create the NaHCO3 which passes into the bloodstream and into the pancreas where the NaHCO3 is used to increase the pH of the food with pancreatic juices (and a lot of other enzymes which we don't need to go into in too much depth here) to keep the food moving through the digestive process at the right pH.

The pH Levels of Each Stage of Digestion

Here are those pH levels so you can see the journey and why the digestive process isn't just the stomach melting everything in acid (as

most people believe):

Throat/Esophagus: 6.8

Stomach: outside of digestion pH 5-6, upon digestion 3-4

Duodenum (Small Intestine Phase I): 7-8

Jejenum/Ileum (Small Intestine Phase II & III): 8

Large Intestine (Colon): 5.5-7 - and the chyme as it remains here

during excretion has a pH of 7-7.5

So you can see that the stomach is not strongly acidic outside of digestion, but upon foods being registered, it secretes the HCl to bring the pH to between 3-4 and the NaCOH3 is also produced to neutralise this acidity as soon as it reaches the sphincter between the stomach and the duodenum to get the pH to 7-8.

As the semi-digested food (the chyme) is moved through digestion it requires alkalinity - which is gained from the alkaline enzymes, pancreatic juices, additional NaCOH3 and potassium, chloride, zinc, iron and more throughout the various stages.

Eating an acidic diet disrupts this process significantly - and all of the problems start in the stomach phase of digestion:

How Long Does it Take to 'Get Alkaline'?

This is another common question and the answer is a little bit 'how long is a piece of string'. It all depends on where you are coming from, what your diet has been like to date, what challenges you have, what your age is, what your goals are and how you're measuring your goal of 'getting alkaline' - so many factors.

The best way to answer this is not to focus on 'getting alkaline' (as the home pH tests are often inaccurate and only give a part of the puzzle - more on this later), but to focus on your goal that is measurable, quantifiable, and how it makes you feel.

Remove the goal of 'getting alkaline' and instead focus on your actual outcome: why do you want to 'get alkaline'?

Can I Become Too Alkaline?

In the same way that it's not biologically possible to become 'too acidic' (because you would collapse and die) through diet, it is also not possible to become 'too alkaline' through your diet too - because the body will regulate your pH down in the same way that it will regulate your pH up.

Again, the body HAS to maintain this pH of 7.365 - 7.4 and it has mechanisms to do so. However, it's going to be almost impossible, in fact, I'd go as far as to say impossible, to cause stress to your body by being 'too alkaline' and it having to regulate this process downwards.

Firstly, 'alkalosis' is a condition that can occur - but not through diet. It can occur due to liver failure, kidney failure, lung disease, and toxicity (most commonly Asprin poisoning). Quite rare and not something you can bring on from eating too much cucumber.

Why?

Alkaline forming foods are very mildly alkaline forming relative to the incredible strength of acidity produced by eating foods such as sugar and drinking soda. Remember, we've evolved to survive on fresh foods like vegetables and leaves, we have evolved with them being mildly alkaline. So you can eat a whole lot of alkaline forming foods and then a big acidic (standard American diet) meal and the acidity of that one meal would FAR outweigh the alkalinity of a day of greens. So we are never truly in danger of going OTT on the bok-choi or broccoli.

The other factor here is that our body is acidic by design, meaning we produce acidity throughout the day from our daily, normal bodily functions such as our metabolism. This contributes to our NEED to

consume alkaline foods.

Considering that 90% of the Western world is constantly eating an acidforming diet and living (albeit with severe health conditions, challenges and fatigue) and the body keeps on regulating that pH - if you DID accidentally eat a little too alkaline one day (would take a SERIOUS effort, an almost impossible level of greens in one day) then your body would effortlessly regulate the pH down.

In short, theoretically possible to do temporarily, but almost impossible.

Can I GAIN Weight on an Alkaline Diet?

YES, absolutely.

There are two streams to this question:

- 1) Being underweight: this is as much of an acid-symptom as being overweight. It tells us you are out of balance in your hormones, digestive system, immune system and more. When you start to eat more alkaline forming foods and less acid-forming foods you will naturally gain weight and find your perfect body composition.
- 2) Wanting to build muscle: muscle is built with clean blood, protein, fat, and a healthy fine-tuned body all of which an alkaline diet gives you. The protein question is answered in more depth below, but in short, it's easy to get more than enough protein on an alkaline diet and if extra is needed there are some amazing alkaline protein powders out there that pack more of a punch per serve than most whey proteins.

The alkaline diet also gives the body the perfect environment to grow muscle and recover - an abundant source of healthy fats, the necessary minerals (especially magnesium and potassium), anti-inflammatories, anti-oxidants, the nutrients needed to filter and clean the blood and build more new red blood cells, and the nutrients needed to recover

quickly and efficiently.

Research has proven how alkaline supplementation can aid both performance and recovery, and how an alkaline-forming diet supports the growth and maintenance of muscle mass.

Is the Alkaline Diet Vegetarian / Vegan / Paleo / Gluten Free / Raw:

People often want to know - is the alkaline diet compatible with me if I am vegetarian/vegan/GF/paleo/raw...

The alkaline diet, the way I teach it, is a very flexible approach, built around a few key, core principles. At it's very core, my approach is simple:

- [+] eat real, whole, natural foods, with a big focus on vegetables, healthy fats, low-sugar fruits and hydration;
- [+] stay away from processed foods, refined foods and 'fake' foods; eat as close to the Earth and nature as possible;
- [+] don't try to be perfect, don't aim for 100% all of the time, be balanced and be kind to yourself.

The summary of this is: giving your body the tools it needs to thrive.

As such, there is room to manoeuvre to fit my approach to diet to however you currently, or want to, live your lifestyle.

Remembering there is room to make it fit to your life and your goals (if you want to eat a little animal protein, that's fine - see below), at it's purest, the alkaline diet is gluten free, vegan, vegetarian and about 75-70% raw.

When you go through the Acid/Alkaline Food Charts you'll see all of the alkaline foods are vegan and the animal proteins and animal-derived

foods are at best mildly acidic. Again, this isn't to say you can never have meat, or that you're going to have to convince your partner to become a vegan, but 70% or more of your diet will become vegetable, fruit, and healthy fat based.

It is incredibly similar to the Paleo approach, considering that the Paleo approach is based around lots and lots of vegetables, some fruit, tons of healthy fats from avocados, nuts, seeds and lean protein (while staying clear of gluten containing grains, sugar, refined and processed foods, dairy etc) - it's kinda pretty much the exact same as the way I teach the alkaline diet. I often refer to it as the alkaline diet with a bit of meat.

What About Protein?

Ah, the great protein question. The question most people on an alkaline diet face almost daily from 'Standard American Diet' eaters. It's funny how people eating a really unhealthy diet question those on a different diet path by highlighting the things they think the healthier person is missing, rather than looking at the gargantuan quantities of trans fats, sugar, gluten, additives and so on they are eating daily.

Either way, protein is absolutely NOT something to be concerned about on the alkaline approach, certainly not the way I teach it. The alkaline diet can easily be protein rich and most days I am consuming between 60-100g of protein per day.

The main question to ask here is: how much protein do you need?

If you are sedentary, not doing weight bearing exercise, and have no specific additional protein needs in your diet, you need an average of 20-50g per day. This is a piece of cake. If you are working out, I recommend getting up to 1g per kg of body weight, if not a little more.

This is so easily achieved on an alkaline-based diet.

I took a typical day from one of the Meal Plans in the **Alkaline Base Camp** (in our Hormone Reset Month meal plan) which consisted of:

Breakfast: Simple Alkaline Oats Snack: All-Day Energy Smoothie Lunch: Alkaline Veggie Wrap

Snack: Almonds

Dinner: Alkaline Thai Green Curry

Total protein intake is 89g.

It's super easy to add more to this too. Simply adding a scoop of an alkaline protein powder to your smoothie (or adding an additional shake with the protein powder each day) will easily add another 30g of protein to your daily diet.

Alkaline proteins are dairy-free, often sprouted varieties such as sprouted brown rice.

Brands I love include Sun Warrior, Brendon Brazier's Vega, AmazoniaCo and AlkaMind's Daily Protein.

Great sources of alkaline protein in your diet include:

- [+] Quinoa
- [+] Oats
- [+] Almonds, Cashews and other nuts
- [+] Seeds, including chia seeds
- [+] Buckwheat
- [+] Tofu
- [+] Beans, Lentils, Pulses
- [+] Nut butters (almond butter especially)
- [+] Green vegetables (a cup of cooked spinach has 7g)
- [+] Sprouted breads (these are naturally gluten free)

And more - there are so many sources of plant-based protein.

It's simply not something you need to be concerned about.

Can I Eat Meat on the Alkaline Diet?

This is one of the most common concerns for people when they're first starting out on the alkaline diet. Or it's a concern for people who are worried their partner/husband/wife won't do it with them if they have to give up meat!

And the answer, for me, is simple: YES...YES YOU CAN!

Most people think getting to the health of their dreams is hard. And this is because of the way most 'holier-than-thou' health gurus make it hard. I don't know why.

The bottom line is, I believe that getting to optimal health, abundant energy and the body of your dreams is a lot easier than you've probably been led to believe.

My approach has always been to make it easy and achievable. To focus on the fundamentals and allow some room to manoeuvre.

Because let's face it – if you feel crappy about your diet, you won't stick to it. And you won't enjoy it.

And life is supposed to be about enjoyment, fun, being at peace and at one with your body. Not fighting it, fighting cravings, feeling restricted and feeling deprived.

So with that being said...

My Simple Rules Around Animal Protein

This is how I coach everyone I work with in my Alkaline Base Camp

coaching program and the simple approach is this:

You can still eat meat.

BUT the ONLY RULE is to make that meat the highest quality, and most ethical purchase you can. Keep the same budget, don't spend a penny more, but make it the very, very best quality you can find. Think organic, pasture raised, grass fed, free range, hormone free and so on.

If you follow this rule, your budget stays the same, but your quality of meat increases, the nutrient content of the meat (being higher quality) increases, the volume goes down and presumably the taste goes up (I have been vegetarian/vegan since I was 14 so it's hard to know!).

And importantly, the ethical treatment of the animal goes up as much as possible.

What Is a Green Drink:

A 'green drink' can take a few forms, but generally speaking it is a drink made primarily of fresh green foods.

Version One: Juiced Greens

It's most commonly a fresh, home-made juice with common ingredients being greens such as cucumber, celery, spinach, lettuce, kale, silverbeet/collard greens, parsley, coriander, basil, mint plus other ingredients including carrots, beetroot, turmeric, ginger, tomatoes, lemon and lime.

It is often 'watered down' a little with filtered water, coconut water, almond milk, coconut milk etc.

The juice is made with a juicer, and I recommend using a slow, masticating juicer over a fast, whizzy, centrifugal juicer. The masticating juicers retain more of the nutrient content and extract more juice from

each vegetable, making it more economic. These are a little more expensive to purchase, but are worth it in the long-run. I recommend the brands Hurom and Kuvings (I have no affiliation with either).

However, if you cannot afford one of these juicers right away, a centrifugal juicer is still absolutely fine. It is considerably better to have a juice from one of these juicers that to put off starting juicing to save for a more expensive juicer. Even a \$50 juicer from Target or Argos is great to get started.

Version Two: Blended Greens a.k.a A Smoothie

The other common green drink is a green smoothie, with ingredients blended together such as avocado, cucumber, spinach, lettuce and other other ingredients above.

Smoothies are great as they allow you to include other types of nutrients that you can't really juice, such as healthy fats, nuts, seeds (inc. chia), oats and if required, an alkaline protein powder (such as sprouted brown rice, I like the Sun Warrior brand - no affiliation).

For a blender, anything will do for the basics (avocado, lettuce, spinach, cucumber, coconut water, nut milk etc), but if you want to include harder vegetables, nuts, seeds and so on you will require a high power blended such as a Vitamix or Nutri-Bullet (again, no affiliation).

Version Three: Powdered Greens Supplements

This is possibly the original emergence of the term 'green drink' from the late 90's, which was referring to adding (at the time) wheatgrass powder to water. While powdered wheatgrass is still a common 'green drink', products have evolved since then to include a variety of grasses, seeds, vegetables, superfoods and fruits.

They are made by low-heat dehydration, or by juicing the ingredients and then drying into a powder (I prefer the first method).

When buying a green powder supplement, look for certified organic, non-GMO, gluten-free, vegetarian capsules and preferably without spirulina, chlorella and mushrooms as these are (despite having some health qualities) acid-forming.

Note on Fruits in Juices & Smoothies

I strongly recommend you do NOT add fruits to your green drinks. While fruits do contain nutrients (of course) they also contain a lot of fructose, which is very badly metabolised by the body and causes acidity, inflammation and digestive imbalance. Fruit should be consumed whole (with the fibre, and chewed).

Plus there is the inclination to include FAR more fruit than you'd normally eat in one five-minute sitting when you include them in juices and smoothies (I have seen 'green' juice recipes that include 2 apples, 1 pear, 1/2 pineapple and a few spinach leaves, for example - that would be 75.6g sugar in one quick drink - this is catastrophic to the body, especially the liver.

Other sugars, such as glucose and maltose can be metabolised throughout the body, but only the liver can metabolise fructose and the damage of too much fructose is far reaching. When it is liquified the fructose all hits the liver far more quickly than it can handle. This goes for treble when you juice fruits as the fibre is removed.

I won't go into depth here, but one of many consequences is that the toxic byproduct of fructose metabolism is the rapid formation of visceral fat cells, which not only lead to fatty deposits, but also significant inflammation and immune system stress.

On a balanced, alkaline-based diet I recommend 1-2 pieces of in season fruit per day, but not juiced, blended or dried fruits. If you are currently including fruit in your juices or smoothies I strongly recommend lowering the quantity to 1/2 piece of fruit per serve now,

and lowering this to a 1/4 asap, and then removing.

Which Is Best: Juice or Smoothie?

The simple answer is...both. You should do both.

Each has it's own minor strength and weakness. Juices are great because the fibre is removed and the nutrients can be rapidly absorbed and utilised by the body. However, the downside of this is that the fibre is removed which is an important nutrient.

With smoothies, the fibre is left in, which is a strength as fibre is essential for our digestive system and cardiovascular system (among other things)...however, and I am sure you can guess it, with the fibre in there, the nutrients are less easily absorbed and utilised by the body!

This is why I recommend having both a blender and a juicer and having both, swapping whenever you fancy it (or time permits, juicers take a bit longer to clean).

The other difference, and why I recommend both, is that you can include different ingredients in each:

Juices: better for hard vegetables (like beets and carrots) or very very fibrous vegetables like celery, that don't blend well and leave a more chunky and bitty consistency in a smoothie that's less appealing. You can also juice wheatgrass and other grasses, which can't be blended.

Smoothie: can include non-juiceable, nutrient-dense foods such as nuts, seeds, chia, oats, quinoa, coconut oil, omega 3 oils, cacao, maca, avocado, protein powders and so on.

The incredible range of nutrients that both provide, with the core of both being leafy green vegetables, means you're getting your day off to an amazing, winning, nutrient-dense start before you've even left the house!

Which Supplements Are Best?

The question of supplements is a big one - because each of us are different (as I mentioned earlier, my approach is based on the philosophy of one size fits...ONE!).

However, I do want to reiterate here supplements are there to supplement, not replace (the clue is in the name).

You should not view supplements as a silver bullet, magic pill, fast track that will give you a result without you having to do any hard work. PLEASE REMEMBER THAT. If you remember that - the fact that supplements are there to supplement your diet and are not enough on their own (I don't care what your goal, a supplement will not get the result without you supporting your body's efforts through diet and lifestyle) then this will take care of my 2nd concern with supplements:

It is very easy to get caught up in the marketing hype and spend a TON of money on supplements you don't need to spend.

Please don't do this. Remembering that the supplement won't get you to the goal on it's own, view your supplement purchases through the lens of "what am I committed to doing and changing to get to this goal". If you're not willing to turn your efforts to the goal of the supplement and put in the hard work yourself, don't buy the supplement.

OK, so with all of that out of the way, and with the framework of 'supplements are here to supplement, not replace', here are my guidelines for those supplements I believe we should all invest in, to provide our body with an important safety net:

Powdered Green Drink

Powdered green drinks are a combination of grasses (such as barley grass, wheatgrass, kamut grass), vegetables (spinach, broccoli, kale,

watercress), low sugar fruits (lemon, lime, grapefruit etc) and other superfoods (maca, mesquite, cacao etc) that have been low-heat dehydrated and powdered, or by juicing the ingredients and then drying that to a powder (I prefer the former).

These provide an incredible range of micro-nutrients and are an absolutely brilliant safety net to ensure that you're getting everything needed every day, even if just in a small quantity.

They taste grassy, and some people need a little time to get used to it, but if you use these daily you will almost certainly see results.

As a baseline I recommend having one scoop per day in a litre of water, but you can use (as many manufacturers recommend) four times per day in four litres of water. In combination with a good, alkaline diet you will see great results from this combo.

To help make a bit more tasty: squeeze in lemon or lime, water down further, mix a little coconut water in, add the green powder to your juice or smoothie instead of having it 'neat' in water.

Price range: \$25-\$70 per tub, and a tub lasts 30-45 days if you use 1-2 scoops per day (on average)

Brands: Inner Balance, pH Miracle Greens, Perfectly Healthy Mega Greens, Organifi Green Juice.

Alkaline Minerals

By eating even 60% alkaline forming foods you will be getting a good, solid range of alkaline minerals in your diet, including zinc, magnesium, potassium, sodium, calcium, manganese etc. However, there are four alkaline minerals that I recommend supplementing with, as not only are they the strongest alkaline forming minerals, but they are also the minerals that directly support your body's acid buffering system,

especially when they are in the bicarbonate form. These minerals are calcium, magnesium, potassium and sodium.

There are a handful of quality alkaline bicarbonate supplements out there (listed below, again - no affiliation) and I recommend looking into one of these as part of your baseline of nutrients.

It's also important to get sufficient amounts of these minerals in particular as they are often the under-consumed, and when paired with nutrients we tend to over consume, can lead to imbalances that do not serve us well at all. For instance, too much phosphorous and too little calcium is very stressing to the kidneys, and too much sodium (we get too much sodium chloride - regular terrible table salt) and not enough potassium which is stressful to your cardiovascular system.

Price Range: \$10-\$35 per month

Brands: Daily Minerals by Alkamind, Tri-Salts by Cardiovascular Research, pHour Salts by pH Miracle

A note on salt: just like with fats, there are good salts and bad salts. When most people think of salt, they think of sodium chloride, which is regular table salt. This is refined and toxic. Sodium chloride differs from natural salt because all of its minerals are stripped during the refining process. This is why I only recommend naturally occurring salts such as Himalayan salt (ideally) and sea salts. These contain a huge number of trace minerals, and support digestion, acid/alkaline balance in the stomach, your adrenals and more.

Healthy Fats & Oils

One of the biggest health crimes/cover ups of the 21st century is that fat makes you fat. As mentioned above, there are good fats and bad fats, and good fats are not only beneficial - they are absolutely critical

to your health. It can be very tricky to get enough healthy fat in the diet, particularly omega 3 every single day, and so I recommend using an omega oil supplement.

It's also important that we get enough omega 3 compared to omega 6 and 9 (which are more abundant in the diet), and so a good quality omega 3 supplement is a great investment.

I advise mixing up your source of omega 3 between fish, flax, krill and getting as much variety in your diet as possible too from nuts, seeds, leafy greens etc.

The saturated fats from coconut oil are also critical in regulating metabolism, building good cholesterol and decreasing bad cholesterol, fighting inflammation, creating good gut bacteria balance, destroying candida, supporting the kidneys and liver and more.

It is much easier to simply add a tablespoon of coconut oil into your diet than to try to supplement, but if you DO find it tricky to add coconut oil into your diet (think adding to smoothies, soups, oats/porridge, creamy drinks, salad dressings and so on) then you can use an MCT oil supplement, which is a handful of the most beneficial fatty acids in coconut oil, which is liquid and tasteless/odour free.

Aim to get:

3 tbsp of omega 3 per day 1 tbsp of coconut oil/MCT oil per day

Price Range: \$20-\$30 per month

Brands: Udo's Choice, Nordic Naturals, Xtend Life

Turmeric

Turmeric is perhaps the single most researched food for it's medicinal properties, which are outstanding. It is a very powerful anti-inflammatory and regularly out-performs NSAIDs and other over the counter anti-inflammatories in controlled experiments. Several research papers have also shown it to have very powerful anti-cancer compounds too.

In my experience, almost everyone who is starting out has a degree of inflammation in their body and turmeric is fantastic at getting this under control and, alongside diet, removing this. I recommend both a turmeric supplement (again, to be your supplement) AND fresh turmeric in your diet. Most turmeric supplements isolate the curcumin compound from the turmeric as this has the most concentrated anti-inflammatory benefits. However, research does show that there are huge benefits to other parts of the turmeric root, which you get from having it fresh.

Price Range: \$10-\$30 per month

Brands: Now Foods, Xtend Life, Thorne Research

Plus...

And then depending on specific goals, you can tailor any other supplements to that goal, but be sure that you're tailoring your diet and lifestyle to it too. Any goal-based supplements should also be short term. If you're still using that supplement 5-6 months later, you might need to adapt your approach.

But if you're not sure, you can just stick to these four, core supplements and get amazing results, a wide safety net and all without breaking the bank every month. (Note: if I had to pick one, it would be the omega 3).

Your First 14 Days

During your first 14 days, I want you to go easy on yourself and take it day by day, step by step - remember, baby steps. Each step forward is going to be doing you so much good.

And if you slip up you haven't lost the goodness from the good stuff you've already done! Just dust yourself off, work out why you slipped up and get going again.

Each day during your first two weeks you should focus on nailing one of those four core actions above.

And in terms of cutting stuff out?

I do want you to follow the 'Crowd Out the Bad' philosophy, but if you want to speed up the benefits you can focus on cutting something acidic out each couple of days.

I generally recommend not moving onto the next thing until you're confident you've got the current one under control.

So if you're transitioning away from caffeine, don't try to cut out sugar until you feel confident with that.

Remember at the start of the guide I said this is supposed to be easy, achievable, realistic, enjoyable and dare I say it, FUN?

If you give yourself too much to do too soon you will find it

overwhelming, stressful and definitely not fun.

So take it easy on yourself. Add in the good stuff. Follow the meal plans. Stick with those four core actions above. Nourish your body. Care for yourself. And live with energy.

Here's to your best ever health



